

# life

IN ROCKVILLE

## WINTER 2021-2022 RECREATION AND PARKS ACTIVITY GUIDE



City of  
**Rockville**  
Get Into It

AQUATICS • TOTS/PRESCHOOL • CHILDREN  
CROYDON CREEK NATURE CENTER • TEENS • ADULTS  
ADULTS 60+ • CULTURAL ARTS



# 2021-2022 WINTER CALENDAR OF EVENTS

## December

### Dec. 4 • 9 a.m.-2 p.m.

Holiday Bazaar  
Rockville Senior Center. Free.  
Page 45

### Dec. 4-5, 11-12

Rockville Civic Ballet presents:  
"The Nutcracker."  
Fridays, Dec. 3 and 10 at 7:30 p.m.  
Saturdays, Dec. 4 and 11 at 2 p.m.  
and 7:30 p.m. Sundays, Dec. 5 and  
12 at 2 p.m.  
F. Scott Fitzgerald Theatre.  
Page 47

### Dec. 11 • 9 a.m.-noon.

Rockville Farmers Market  
Jury parking lot on Corner of Rt. 28  
and Monroe Street. Free.  
Page 28

### Dec. 18 • 2 p.m.

Rockville Chorus presents:  
"Backyard Concert."  
Patio adjacent to Social Hall at  
Rockville Civic Center Park. Free.  
Page 48

### Dec. 19 • 3 p.m.

Rockville Concert Band presents:  
"Home for the Holidays."  
F. Scott Fitzgerald Theatre. Free.  
Page 48

## January

### Jan. 8 • 9 a.m.-noon.

Rockville Farmers Market  
Jury parking lot on Corner of Rt. 28  
and Monroe Street. Free.  
Page 28

### Jan. 13 • 7 p.m.

Peerless Rockville Speaker  
Series presents: "The History  
of Rockville's Sister City  
Corporation."  
Free. Virtual event.  
Page 47

### Jan. 28-30

Rockville Little Theatre presents:  
"Bad Seed."  
Friday and Saturday at 8 p.m.  
Sunday at 2 p.m.  
F. Scott Fitzgerald Theatre.  
Page 48

## February

### Feb. 4-5

Rockville Little Theatre presents:  
"Bad Seed."  
Friday and Saturday at 8 p.m.  
Sunday at 2 p.m.  
F. Scott Fitzgerald Theatre.  
Page 48

### Feb. 7 • 10-11 a.m.

Little Hearts Valentines  
Twinbrook Community Recreation  
Center. Preregister for course  
#21172. \$12R/\$15NR. Page 15

### Feb. 10 • 6-8 p.m.

Lunar New Year Celebration:  
F. Scott Fitzgerald Theatre. Free.  
See back page.

### Feb. 11 • 6 p.m.

Rockville Sister City Corp.  
presents: "Rockville Lantern  
Festival"  
F. Scott Fitzgerald Theatre. Free.  
Page 46

### Feb. 13 • 3 p.m.

Rockville Concert Band presents:  
"Swing, Swing, Swing."  
F. Scott Fitzgerald Theatre. Free.  
Page 48

### Feb. 14 • 10-11 a.m.

Little Hearts Valentines  
Thomas Farm Community Center.  
Preregister for course #21218.  
\$12R/\$15NR. Ages 3-6.  
Page 15

## March

### March 10 • 7 p.m.

Peerless Rockville Speaker Series  
presents: "Dance Yatra (Journey):"  
F. Scott Fitzgerald Theatre. Free.  
Page 47

### March 13 • 3 p.m.

Rockville Concert Band presents:  
"The Year 2020."  
F. Scott Fitzgerald Theatre. Free.  
Page 46

### March 18 • 6-8 p.m.

International Night  
F. Scott Fitzgerald Theatre and Social  
Hall. Free.  
Page 46



# IN THIS ISSUE

## PROGRAMS

AQUATICS .....4-12

TOTS AND PRESCHOOL..... 14-16

CHILDREN ..... 17-23

CROYDON CREEK NATURE CENTER..... 24-25

TEENS ..... 26-29

ADULTS..... 30-38

COMMUNITY CENTERS ..... 39-41

ADULTS 60+ ..... 42-45

CULTURAL ARTS ..... 46-48

## GENERAL INFORMATION

Emergency/Weather Policy.....53

Financial Assistance.....50

Frequently Used Parks/Facilities .....49

Individuals with Disabilities.....53

Registration Info and Forms ..... 54-55

Recreation and Parks Foundation .....51

# 2 WAYS TO REGISTER



**1. Online**  
at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).



**2. By Mail or Fax**  
Mail or fax your completed registration form. See page 62 for a list of addresses and fax numbers.



**We are not taking in-person registrations at this time.**  
Call 240-314-8620 for information.

# REGISTRATION DATES

**SENIOR MEMBERS:**  
**Tuesday, Nov. 30**  
*Adults 60+ Recreation and Services  
Guide programs only.*

**GENERAL:**  
**Thursday, Dec. 2**

# STAY INFORMED

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
[registration@rockvillemd.gov](mailto:registration@rockvillemd.gov)  
240-314-8620

 [twitter.com/rockvillerec](https://twitter.com/rockvillerec)  
 [instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)



**Outdoor recreation  
pool with slide**

**Indoor and  
outdoor pools**

**Fitness center**

**Multipurpose room**

# ROCKVILLE SWIM AND FITNESS CENTER

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)

240-314-8750 • [swimcenter@rockvillemd.gov](mailto:swimcenter@rockvillemd.gov) • 355 Martins Lane, Rockville, MD 20850

The Rockville Swim and Fitness Center is a great place to swim and stay in shape year-round.

We offer three seasonal outdoor swimming pools, two year-round indoor swimming pools, sprayground, a 150-foot waterslide, hot tub, dry sauna and a fully equipped fitness center.

**Visit our newly expanded and renovated locker room and lobby!**

## LOBBY HOURS

**Monday - Saturday**

6 a.m. - 9 p.m.

**Sunday**

9 a.m. - 9 p.m.

## Sign Up for Notifications

Receive updates on schedule changes, weather alerts, critical announcements, upcoming classes and facility projects. Sign up today at [www.rockvillemd.gov/swimcenteralerts](http://www.rockvillemd.gov/swimcenteralerts).



## Swimming Classes

**Annual and Seasonal  
Memberships Available!**  
Come for the Day  
or the Year!

**Registration Begins: Dec. 2**

**Register early. Some courses fill quickly and courses with low registration may be canceled a week before start date.**

To be eligible for a membership discount, participants registering for a course must have an annual winter or summer membership for aquatics or the full facility. See [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) for a list of membership rates and types. Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$15 withdraw fee will be applied for all refunds; \$5 transfer fee may apply.

### Register Online:

[www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration)

### Mail to:

Swimming Lessons  
RSFC  
355 Martins Lane,  
Rockville, MD 20850

### Secure Fax to:

Swimming Lessons  
240-314-8759

*Rates are determined by membership status, not residency.*

*M = Member NM = Nonmember*



# AQUATICS

## Adult/Child Swim

### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 6m-18m			M/NM
21338	Tu	1/4-2/15	9-9:30 AM \$76/\$95
21335	Sa	1/8-2/19	10:50-11:20 AM \$76/\$95
21336	Su	1/9-2/20	10:15-10:45 AM \$76/\$95
21446	Tu	2/22-4/5	9-9:30 AM \$76/\$95
21334	Sa	2/26-4/9	10:50-11:20 AM \$76/\$95
21337	Su	2/27-4/10	10:15-10:45 AM \$76/\$95

### Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 18m-3yr			M/NM
21249	M	1/3-2/14	2-2:30 PM \$76/\$95
21247	Th	1/6-2/17	9-9:30 AM \$76/\$95
21340	Sa	1/8-2/19	10:15-10:45 AM \$76/\$95
21358	Sa	1/8-2/19	8:30-9 AM \$76/\$95
21341	Su	1/9-2/20	9:40-10:10 AM \$76/\$95
21342	Su	1/9-2/20	11:25-11:55 AM \$76/\$95
21360	Su	1/9-2/20	8:30-9 AM \$76/\$95
21447	M	2/21-4/4	2-2:30 PM \$76/\$95
21343	Th	2/24-4/7	9-9:30 AM \$76/\$95
21346	Sa	2/26-4/9	8:30-9 AM \$76/\$95
21344	Sa	2/26-4/9	10:15-10:45 AM \$76/\$95
21362	Su	2/27-4/10	8:30-9 AM \$76/\$95
21339	Su	2/27-4/10	9:40-10:10 AM \$76/\$95
21345	Su	2/27-4/10	11:25-11:55 AM \$76/\$95

### Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5			M/NM
21357	W	1/5-2/16	2-2:30 PM \$76/\$95
21356	Th	1/6-2/17	9:30-10 AM \$76/\$95
21347	Sa	1/8-2/19	9:05-9:35 AM \$76/\$95
21348	Sa	1/8-2/19	11:25-11:55 AM \$76/\$95
21349	Su	1/9-2/20	9:05-9:35 AM \$76/\$95
21350	Su	1/9-2/20	10:50-11:20 AM \$76/\$95
21448	W	2/23-4/6	2-2:30 PM \$76/\$95
21355	Th	2/24-4/7	9:30-10 AM \$76/\$95
21351	Sa	2/26-4/9	9:05-9:35 AM \$76/\$95
21352	Sa	2/26-4/9	11:25-11:55 AM \$76/\$95
21353	Su	2/27-4/10	9:05-9:35 AM \$76/\$95
21354	Su	2/27-4/10	10:50-11:20 AM \$76/\$95



**To promote health and safety in our community some programs may be modified or cancelled.**



## Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
21363	Tu	1/4-2/15	9:30-10 AM	\$76/\$95
21359	Sa	1/8-2/19	9:40-10:10 AM	\$76/\$95
21449	Tu	2/22-4/5	9:30-10 AM	\$76/\$95
21361	Sa	2/26-4/9	9:40-10:10 AM	\$76/\$95

## Preschool Swim

### Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters I class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6				M/NM
21252	M	1/3-2/14	4:45-5:15 PM	\$82/\$102
21389	W	1/5-2/16	3:35-4:05 PM	\$82/\$102
21387	Sa	1/8-2/19	9:45-10:25 AM	\$82/\$102
21454	M	2/21-4/4	3:35-4:05 PM	\$82/\$102
21455	W	2/23-4/6	3:35-4:05 PM	\$82/\$102
21388	Sa	2/26-4/9	9:45-10:25 AM	\$82/\$102



## RSFC IS NOW HIRING!

**Lifeguards • Swim Instructors**  
**Front Desk Attendants**  
**Water and Land Fitness Instructors**

Apply online at [www.rockvillemd.gov/careers](http://www.rockvillemd.gov/careers)

For additional information, call 240-314-8750 or visit  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



### Floaters I

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6				M/NM
21253	M	1/3-2/14	3:35-4:05 PM	\$82/\$102
21412	Tu	1/4-2/15	4:35-5:05 PM	\$82/\$102
21401	Tu	1/4-2/15	5:10-5:40 PM	\$82/\$102
21402	Tu	1/4-2/15	5:45-6:15 PM	\$82/\$102
21404	W	1/5-2/16	4:10-4:40 PM	\$82/\$102
21400	Th	1/6-2/17	5:45-6:15 PM	\$82/\$102
21413	F	1/7-2/18	3:35-4:05 PM	\$82/\$102
21403	F	1/7-2/18	4:45-5:15 PM	\$82/\$102
21399	Sa	1/8-2/19	9-9:40 AM	\$82/\$102
21411	Sa	1/8-2/19	10:30-11:10 AM	\$82/\$102
21390	Sa	1/8-2/19	11:15-11:55 AM	\$82/\$102
21391	Su	1/9-2/20	9-9:40 AM	\$82/\$102
21405	Su	1/9-2/20	9:45-10:25 AM	\$82/\$102
21392	Su	1/9-2/20	10:30-11:10 AM	\$82/\$102
21406	Su	1/9-2/20	11:15-11:55 AM	\$82/\$102
21460	M	2/21-4/4	3:35-4:05 PM	\$82/\$102
21456	M	2/21-4/4	4:45-5:15 PM	\$82/\$102
21457	Tu	2/22-4/5	4:35-5:05 PM	\$82/\$102
21459	Tu	2/22-4/5	5:10-5:40 PM	\$82/\$102
21458	W	2/23-4/6	4:45-5:15 PM	\$82/\$102
21393	Th	2/24-4/7	5:45-6:15 PM	\$82/\$102
21407	F	2/25-4/8	3:35-4:05 PM	\$82/\$102
21394	F	2/25-4/8	4:45-5:15 PM	\$82/\$102
21395	Sa	2/26-4/9	9-9:40 AM	\$82/\$102
21408	Sa	2/26-4/9	10:30-11:10 AM	\$82/\$102
21396	Sa	2/26-4/9	11:15-11:55 AM	\$82/\$102
21397	Su	2/27-4/10	9-9:40 AM	\$82/\$102
21409	Su	2/27-4/10	9:45-10:25 AM	\$82/\$102
21410	Su	2/27-4/10	10:30-11:10 AM	\$82/\$102
21398	Su	2/27-4/10	11:15-11:55 AM	\$82/\$102



## Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

### Age: 4-6

### M/NM

21254	M	1/3-2/14	4:10-4:40 PM	\$82/\$102
21431	Tu	1/4-2/15	5:10-5:40 PM	\$82/\$102
21423	W	1/5-2/16	3:35-4:05 PM	\$82/\$102
21432	W	1/5-2/16	4:10-4:40 PM	\$82/\$102
21433	Th	1/6-2/17	4:35-5:05 PM	\$82/\$102
21424	Th	1/6-2/17	5:10-5:40 PM	\$82/\$102
21425	F	1/7-2/18	3:35-4:05 PM	\$82/\$102
21434	F	1/7-2/18	4:10-4:40 PM	\$82/\$102
21420	Sa	1/8-2/19	9:45-10:25 AM	\$82/\$102
21426	Sa	1/8-2/19	11:15-11:55 AM	\$82/\$102
21414	Su	1/9-2/20	9:45-10:25 AM	\$82/\$102
21415	Su	1/9-2/20	11:15-11:55 AM	\$82/\$102
21463	M	2/21-4/4	4:10-4:40 PM	\$82/\$102
21461	Tu	2/22-4/5	5:10-5:40 PM	\$82/\$102
21462	W	2/23-4/6	3:35-4:05 PM	\$82/\$102
21416	Th	2/24-4/7	4:35-5:05 PM	\$82/\$102
21427	Th	2/24-4/7	5:10-5:40 PM	\$82/\$102
21417	F	2/25-4/8	3:35-4:05 PM	\$82/\$102
21428	F	2/25-4/8	4:10-4:40 PM	\$82/\$102
21421	Sa	2/26-4/9	9:45-10:25 AM	\$82/\$102
21422	Sa	2/26-4/9	10:30-11:10 AM	\$82/\$102
21429	Sa	2/26-4/9	11:15-11:55 AM	\$82/\$102
21418	Su	2/27-4/10	9:45-10:25 AM	\$82/\$102
21419	Su	2/27-4/10	10:30-11:10 AM	\$82/\$102
21430	Su	2/27-4/10	11:15-11:55 AM	\$82/\$102

## Strokers I

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

### Age: 4-7

### M/NM

21250	M	1/3-2/14	3:35-4:05 PM	\$82/\$102
21368	Th	1/6-2/17	4:35-5:05 PM	\$82/\$102
21371	Th	1/6-2/17	5:10-5:40 PM	\$82/\$102
21364	Sa	1/8-2/19	9:45-10:25 AM	\$82/\$102
21365	Su	1/9-2/20	11:15-11:55 AM	\$82/\$102
21450	W	2/23-4/6	4:10-4:40 PM	\$82/\$102
21369	Th	2/24-4/7	4:35-5:05 PM	\$82/\$102
21366	Th	2/24-4/7	5:10-5:40 PM	\$82/\$102
21367	Sa	2/26-4/9	11:15-11:55 AM	\$82/\$102
21370	Su	2/27-4/10	9-9:40 AM	\$82/\$102



## CHECK OUT OUR FITNESS ROOM AT RSFC

### Featuring:

- 5 Treadmills
- 4 Elliptical Machines
- 2 Rowing Machines
- 13 Pieces of Single-Station Strength Training Equipment and Free Weights.
- Meeting Room (Available for Rentals and Parties).
- 3 Recumbent Bikes
- 2 Step/Climber Machines



240-314-8750

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



## Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
21251	M	1/3-2/14	4:45-5:15 PM	\$82/\$102
21376	Tu	1/4-2/15	5:45-6:15 PM	\$82/\$102
21372	Sa	1/8-2/19	11:15-11:55 AM	\$82/\$102
21373	Su	1/9-2/20	9-9:40 AM	\$82/\$102
21451	M	2/21-4/4	4:45-5:15 PM	\$82/\$102
21452	Tu	2/22-4/5	5:45-6:15 PM	\$82/\$102
21453	W	2/23-4/6	4:45-5:15 PM	\$82/\$102
21374	Sa	2/26-4/9	10:30-11:10 AM	\$82/\$102
21375	Su	2/27-4/10	11:15-11:55 AM	\$82/\$102

## Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
21381	W	1/5-2/16	4:45-5:15 PM	\$82/\$102
21382	F	1/7-2/18	4:45-5:15 PM	\$82/\$102
21377	Sa	1/8-2/19	9-9:40 AM	\$82/\$102
21378	Su	1/9-2/20	10:30-11:10 AM	\$82/\$102
21380	F	2/25-4/8	4:45-5:15 PM	\$82/\$102
21379	Su	2/27-4/10	9:45-10:25 AM	\$82/\$102

## Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
21386	Th	1/6-2/17	5:45-6:15 PM	\$82/\$102
21383	Sa	1/8-2/19	9:45-10:25 AM	\$82/\$102
21385	Th	2/24-4/7	5:45-6:15 PM	\$82/\$102
21384	Sa	2/26-4/9	9:45-10:25 AM	\$82/\$102



## Children/Teen Swim

### Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7-15				M/NM
21323	W	1/5-2/16	4:45-5:15 PM	\$75/\$94
21324	F	1/7-2/18	4:10-4:40 PM	\$75/\$94
21316	Sa	1/8-2/19	9-9:40 AM	\$75/\$94
21317	Sa	1/8-2/19	10:30-11:10 AM	\$75/\$94
21325	Su	1/9-2/20	10:30-11:10 AM	\$75/\$94
21318	Su	1/9-2/20	12-12:40 PM	\$75/\$94
21442	Tu	2/22-4/5	5:45-6:15 PM	\$75/\$94
21443	W	2/23-4/6	4:10-4:40 PM	\$75/\$94
21322	F	2/25-4/8	4:10-4:40 PM	\$75/\$94
21319	Sa	2/26-4/9	9-9:40 AM	\$75/\$94
21320	Su	2/27-4/10	10:30-11:10 AM	\$75/\$94
21321	Su	2/27-4/10	12-12:40 PM	\$75/\$94

### Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7-15				M/NM
21248	M	1/3-2/14	4:10-4:40 PM	\$75/\$94
21331	Tu	1/4-2/15	4:35-5:05 PM	\$75/\$94
21332	Sa	1/8-2/19	9-9:40 AM	\$75/\$94
21326	Sa	1/8-2/19	10:30-11:10 AM	\$75/\$94
21333	Su	1/9-2/20	9-9:40 AM	\$75/\$94
21327	Su	1/9-2/20	12-12:40 PM	\$75/\$94
21444	M	2/21-4/4	4:10-4:40 PM	\$75/\$94
21445	Tu	2/22-4/5	4:35-5:05 PM	\$75/\$94
21328	Sa	2/26-4/9	9:45-10:25 AM	\$75/\$94
21329	Su	2/27-4/10	9-9:40 AM	\$75/\$94
21330	Su	2/27-4/10	12-12:40 PM	\$75/\$94

### Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7-15				M/NM
21266	Sa	1/8-2/19	11:15-11:55 AM	\$75/\$94
21264	Su	1/9-2/20	9:45-10:25 AM	\$75/\$94
21265	Su	1/9-2/20	10:30-11:10 AM	\$75/\$94
21270	Su	1/9-2/20	12-12:40 PM	\$75/\$94
21263	Sa	2/26-4/9	9-9:40 AM	\$75/\$94
21267	Sa	2/26-4/9	10:30-11:10 AM	\$75/\$94
21268	Su	2/27-4/10	9-9:40 AM	\$75/\$94
21269	Su	2/27-4/10	10:30-11:10 AM	\$75/\$94
21271	Su	2/27-4/10	12-12:40 PM	\$75/\$94



## Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7-15				M/NM
21298	Sa	1/8-2/19	9-9:40 AM	\$75/\$94
21299	Sa	1/8-2/19	10:30-11:10 AM	\$75/\$94
21300	Su	1/9-2/20	9-9:40 AM	\$75/\$94
21306	Su	1/9-2/20	11:15-11:55 AM	\$75/\$94
21307	Su	1/9-2/20	12-12:40 PM	\$75/\$94
21301	Sa	2/26-4/9	9-9:40 AM	\$75/\$94
21302	Sa	2/26-4/9	9:45-10:25 AM	\$75/\$94
21303	Sa	2/26-4/9	11:15-11:55 AM	\$75/\$94
21304	Su	2/27-4/10	9:45-10:25 AM	\$75/\$94
21305	Su	2/27-4/10	11:15-11:55 AM	\$75/\$94

## Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7-15				M/NM
21272	Sa	1/8-2/19	6:05-6:45 PM	\$75/\$94
21273	Sa	1/8-2/19	11:15-11:55 AM	\$75/\$94
21281	Su	1/9-2/20	9-9:40 AM	\$75/\$94
21274	Su	1/9-2/20	9:45-10:25 AM	\$75/\$94
21275	Su	1/9-2/20	11:15-11:55 AM	\$75/\$94
21276	Sa	2/26-4/9	9-9:40 AM	\$75/\$94
21277	Sa	2/26-4/9	9:45-10:25 AM	\$75/\$94
21278	Sa	2/26-4/9	11:15-11:55 AM	\$75/\$94
21279	Su	2/27-4/10	9-9:40 AM	\$75/\$94
21280	Su	2/27-4/10	9:45-10:25 AM	\$75/\$94
21282	Su	2/27-4/10	12-12:40 PM	\$75/\$94

## Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7-15				M/NM
21313	Sa	1/8-2/19	6:50-7:30 PM	\$75/\$94
21314	Sa	1/8-2/19	11:15-11:55 AM	\$75/\$94
21308	Su	1/9-2/20	9:45-10:25 AM	\$75/\$94
21309	Su	1/9-2/20	10:30-11:10 AM	\$75/\$94
21310	Sa	2/26-4/9	6:05-6:45 PM	\$75/\$94
21311	Sa	2/26-4/9	10:30-11:10 AM	\$75/\$94
21315	Su	2/27-4/10	9-9:40 AM	\$75/\$94
21312	Su	2/27-4/10	11:15-11:55 AM	\$75/\$94

## Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7-15				M/NM
21283	Sa	1/8-2/19	10:30-11:10 AM	\$75/\$94
21284	Su	1/9-2/20	9-9:40 AM	\$75/\$94
21285	Su	1/9-2/20	11:15-11:55 AM	\$75/\$94
21289	Su	1/9-2/20	12-12:40 PM	\$75/\$94
21286	Sa	2/26-4/9	10:30-11:10 AM	\$75/\$94
21287	Su	2/27-4/10	10:30-11:10 AM	\$75/\$94
21288	Su	2/27-4/10	12-12:40 PM	\$75/\$94

## Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7-15				M/NM
21291	Sa	1/8-2/19	9:45-10:25 AM	\$75/\$94
21292	Sa	1/8-2/19	10:30-11:10 AM	\$75/\$94
21770	Sa	1/8-2/19	7:35-8:05 PM	\$75/\$94
21293	Su	1/9-2/20	9:45-10:25 AM	\$75/\$94
21294	Su	1/9-2/20	10:30-11:10 AM	\$75/\$94
21295	Sa	2/26-4/9	11:15-11:55 AM	\$75/\$94
21771	Sa	2/26-4/9	7:35-8:05 PM	\$75/\$94
21296	Su	2/27-4/10	9:45-10:25 AM	\$75/\$94
21297	Su	2/27-4/10	10:30-11:10 AM	\$75/\$94
21290	Su	2/27-4/10	11:15-11:55 AM	\$75/\$94

## Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15				M/NM
21768	Sa	1/8-2/19	8:20-9:05 PM	\$87/\$102
21436	Su	1/9-2/20	12-12:45 PM	\$87/\$102
21769	Sa	2/26-4/9	8:20-9:05 PM	\$87/\$102
21437	Su	2/27-4/10	12-12:45 PM	\$87/\$102

## Adult Swim

### Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
21259	Tu	1/4-2/15	8:30-9:15 PM	\$75/\$94
21260	W	1/5-2/16	8:35-9:20 PM	\$75/\$94
21772	Sa	1/8-2/19	9-9:40 AM	\$75/\$94
21440	Tu	2/22-4/5	8:30-9:15 PM	\$75/\$94
21441	W	2/23-4/6	8:35-9:20 PM	\$73/\$94
21773	Sa	2/26-4/9	9-9:40 AM	\$73/\$94

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
21257	W	1/5-2/16	8:35-9:20 PM	\$75/\$94
21258	Th	1/6-2/17	8:30-9:15 PM	\$75/\$94
21774	Sa	1/9-2/19	9:45-10:25 AM	\$75/\$94
21439	W	2/23-4/6	8:35-9:20 PM	\$75/\$94
21256	Th	2/24-4/7	8:30-9:15 PM	\$75/\$94

### Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
21255	Tu	1/4-2/15	8:30-9:15 PM	\$75/\$94
21438	Tu	2/22-4/5	8:30-9:15 PM	\$75/\$94

### Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
21262	Th	1/6-2/17	8:30-9:15 PM	\$75/\$94
21261	Th	2/24-4/7	8:30-9:15 PM	\$75/\$94

## Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+				M/NM
21464	Tu	1/4-2/15	11:10-11:55 AM	\$85/\$102
21465	Th	1/6-2/17	11:10-11:55 AM	\$85/\$102
21466	Tu	2/22-4/5	11:10-11:55 AM	\$85/\$102
21435	Th	2/24-4/7	11:10-11:55 AM	\$85/\$102

## Adult Water Fitness

### Aqua Blast

Start your day off right with a fast-paced, early morning exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work and meets in deep water. Floatation belts are required. No equipment is provided.

Age: 16+				M/NM
21565	Tu	1/4-4/5	6:35-7:20 AM	\$84/\$101
21536	Th	1/6-4/7	6:35-7:20 AM	\$84/\$101

### Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs. No equipment is provided.

Age: 16+				M/NM
21537	M	1/3-4/4	10:15-11 AM	\$84/\$101
21566	W	1/5-4/6	10:15-11 AM	\$84/\$101
21538	F	1/7-4/8	10:15-11 AM	\$84/\$101

### Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are not provided.

Age: 16+				M/NM
21534	M	1/3-4/4	8:30-9:15 AM	\$84/\$101
21535	M	1/3-4/4	9:20-10:05 AM	\$84/\$101
21562	Tu	1/4-4/5	8:30-9:15 AM	\$84/\$101
21563	Tu	1/4-4/5	9:20-10:05 AM	\$84/\$101
21561	W	1/5-4/6	8:30-9:15 AM	\$84/\$101
21564	W	1/5-4/6	9:20-10:05 AM	\$84/\$101
21532	Th	1/6-4/7	8:30-9:15 AM	\$84/\$101
21533	Th	1/6-4/7	9:20-10:05 AM	\$84/\$101
21530	F	1/7-4/8	8:30-9:15 AM	\$84/\$101
21545	F	1/7-4/8	9:20-10:05 AM	\$84/\$101



## Aquacize - Beginner

Everyone benefits from exercising in the water! Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. For those with pain and stiffness of arthritis, or recovering from injury or surgery, this gentle but active class helps reduce muscle weakness, pain and stiffness in the upper and lower body. Great for first time exercisers and anyone wanting a gentle workout. Swimming skills not required. No equipment is provided.

Age: 16+			M/NM	
21546	M	1/3-4/4	10:10-10:55 AM	\$84/\$101
21571	W	1/5-4/6	10:10-10:55 AM	\$84/\$101
21547	F	1/7-4/8	10:10-10:55 AM	\$84/\$101

## Aquacize - Advanced

This swim course is similar to Beginner Aquacize, only faster paced. (Meets outside during the summer session.) No equipment is provided.

Age: 16+			M/NM	
21549	M	1/3-4/4	11:05-11:50 AM	\$84/\$101
21572	W	1/5-4/6	11:05-11:50 AM	\$84/\$101
21548	F	1/7-4/8	11:05-11:50 AM	\$84/\$101

## Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Most of the year classes are held in the deeper section of our North pool and flotation belts are recommended however those who prefer shallower water may still participate and touch the bottom of the pool in the shallower ends. No swimming skills are necessary. This program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+			M/NM	
21560	Tu	1/4-4/5	10:10-10:55 AM	\$84/\$101
21531	Th	1/6-4/7	10:10-10:55 AM	\$84/\$101

## Deep Water Workout

Enjoy this swim class taught in the deep end of the pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used but not provided.

Age: 16+			M/NM	
21542	M	1/3-4/4	9:15-10 AM	\$84/\$101
21569	Tu	1/4-4/5	7:40-8:25 PM	\$84/\$101
21570	W	1/5-4/6	9:15-10 AM	\$84/\$101
21543	Th	1/6-4/7	7:40-8:25 PM	\$84/\$101
21544	F	1/7-4/8	9:15-10 AM	\$84/\$101

## H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used. No equipment is provided.

Age: 16+			M/NM	
21539	M	1/3-4/4	9:20-10:05 AM	\$84/\$101
21568	Tu	1/4-4/5	7:40-8:25 PM	\$84/\$101
21567	W	1/5-4/6	9:20-10:05 AM	\$84/\$101
21540	Th	1/6-4/7	7:40-8:25 PM	\$84/\$101
21541	F	1/7-4/8	9:20-10:05 AM	\$84/\$101

## Rockville Master's Swimming

This program is an adult swim program modeled after a masters team program. Those participating in the RFSC group are not required to compete in Masters swim meets but can join a team or race unattached if they prefer (RSFC Masters is not a team). Participants will receive a structured workout with a USMS (US Masters Swimming) certified coach. This is not a "learn to swim class." Participants are expected to have attained a reasonable level of proficiency in freestyle.

Age: 16+			M/NM	
21590	M	1/3-4/4	6:30-7:30 AM	\$124/\$154
21592	W	1/5-4/6	6:30-7:30 AM	\$124/\$154
21591	F	1/7-4/8	6:30-7:30 AM	\$124/\$154

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+			M/NM	
21586	Tu	1/4-4/5	11:05-11:50 AM	\$94/\$117
21585	Tu	1/4-4/5	9:15-10 PM	\$94/\$117
21578	Th	1/6-4/7	11:05-11:50 AM	\$94/\$117
21577	Th	1/6-4/7	9:15-10 PM	\$94/\$117



## Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+				M/NM
21581	Su	1/9-2/20	7-8:30 PM	\$102/\$123
21582	Su	2/27-4/10	7-8:30 PM	\$102/\$123

## Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+				M/NM
21515	Su	1/9-2/20	8:05-8:55 AM	\$68/\$82
21516	Su	2/27-4/10	8:05-8:55 AM	\$68/\$82



## Certification and Training

### Lifeguard Training

The American Red Cross Lifeguard Training course will prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course and pass a pre-screen test (300-yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10-pound brick retrieval within one minute, 40 seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee, will be issued. Class sessions will be held at the Rockville Swim and Fitness Center. A detailed course schedule and syllabus will be provided via email before the first day of class. Students MUST attend all class sessions as scheduled. This class has an online learning component (approximately 8 hours) required to be completed before the second class session. Online link to be distributed to students via the registration receipt and at the first class. Visit [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) to view flyer listing all dates and time of classes.

#### Age: 15+

21732	F-Su	2/18-3/9	Times vary	\$195
21731	Th	4/7-5/19	7-10:30 PM	\$195
21733	F-W	3/18-3/30	Times vary	\$125
21734	W-Tu	4/6-4/12	Times vary	\$125
21735	Su-F	4/10-4/15	Times vary	\$125
21736	F-Su	4/22-5/8	Times vary	\$125

### Lifeguard Training Review

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards in looking to renew their certification. Upon successful completion of the course, certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid will be issued for a two-year period. Students should bring documentation of their current American Red Cross Lifeguard Training certification, and CPR mask to the first class meeting.

Students must be 15 years old by the last day of the course and pass a pre-screen test (300-yard continuous swim with rhythmic breathing, using front crawl or breast stroke, 10-pound brick retrieval within one minute, 40 seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee, will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville). Students MUST attend all class sessions as scheduled.

This class has an online learning component (approximately 8 hours) required to be completed before the first in-person class. Online link to be distributed to students via the registration receipt and at the first class.

#### Age: 15+

21737	Sa	2/19	2-11 PM	\$125
21738	Sa	3/12	2-11 PM	\$125
21739	Sa	4/23	2-11 PM	\$125
21740	Sa	5/14	2-11 PM	\$125



# It's Party Time!

## Theme Parties

### **Croydon Creek Nature Center**

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek) • 240-314-8770

## Gymnasiums

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc) • 240-314-8780

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm) • 240-314-8840

### **Twinbrook Community Recreation Center**

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook) • 240-314-8830

## Outdoor Rentals

### **Lincoln Park Community Center (Isreal Park)**

April 15-Aug. 31

[www.rockvillemd.gov/lincolnpark](http://www.rockvillemd.gov/lincolnpark) • 240-314-8780

### **Thomas Farm Community Center (Falls Grove Park)**

April 15-Sept. 30

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm) • 240-314-8840

### **Rockville Park Picnic Areas**

[www.rockvillemd.gov/parksandfacilities](http://www.rockvillemd.gov/parksandfacilities)  
240-314-8660

### **Rockville Swim and Fitness Center**

June 1-Aug. 30

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
240-314-8750

## Multi-Purpose Rooms

### **Croydon Creek Nature Center**

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)  
240-314-8770

### **Elwood Smith Community Center**

[www.rockvillemd.gov/parksandfacilities](http://www.rockvillemd.gov/parksandfacilities)  
240-314-8660

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lincolnpark](http://www.rockvillemd.gov/lincolnpark)  
240-314-8780

### **Pump House Community Center**

[www.rockvillemd.gov/parksandfacilities](http://www.rockvillemd.gov/parksandfacilities)  
240-314-8660

### **Rockville Senior Center**

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
240-314-8800

### **Rockville Swim and Fitness Center**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
240-314-8750

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### **Twinbrook Community Recreation Center**

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)  
240-314-8830





# TOTS AND PRESCHOOLERS

## Arts, Dance and Enrichment

### Ballet/Tap Combo

Introduce your child to dance with this combination class of ballet and tap. They will learn ballet and tap basics as well as increase coordination, motor skills and rhythmic awareness. These two styles are taught through joyful exploration of song, games, storytelling and most importantly, movement! Ballet and tap shoes, leotard and tights are not required but highly recommended for this class.

#### Age: 4-6

21163	W	1/12-3/2	10:45-11:30 AM	\$119/\$129
21633	Th	1/13-3/3	11-11:45 AM	\$119/\$129

Thomas Farm CC/Chapman

### Creative Movement (Adult/Child)

Parents will accompany their child to this Creative Movement dance class. Using movement and music, little ones will joyfully explore dance for the first time. They will learn to work on motor skills, coordination, and increase spatial and rhythmic awareness through songs, rhymes, games and storytelling.

#### Age: 2-3

21150	W	1/12-3/2	9-9:30 AM	\$59/\$69
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Thomas Farm CC/Chapman

### Little Fingers Music (Adult/Child)

Instill a love of music in a fun and relaxing environment. Students are introduced to the guitar or piano, musical symbols and play songs through group learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

#### Age: 2-5

##### Piano

21098	Sa	1/8-2/12	10:15-10:45 AM	\$120/\$130
21100	Sa	2/19-3/26	10:15-10:45 AM	\$120/\$130

Twinbrook CRC/Learn Now Music Staff

#### Age: 3-6

##### Guitar

21099	Sa	1/8-2/12	10:45-11:15 AM	\$120/\$130
21101	Sa	2/19-3/26	10:45-11:15 AM	\$120/\$130

Twinbrook CRC/Learn Now Music Staff



**Music Together (Adult/Child)**

Nurture your child’s natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two “Music Together” CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). Adult participation required.

**Age: 1m-5yr**

21135	W	1/19-3/23	10:30-11:15 AM	\$210/\$220
21136	W	1/19-3/23	9:30-10:15 AM	\$210/\$220
Thomas Farm CC/Winkler/Liddle				

**Pre-Ballet**

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination, motor skills, spatial, rhythmic awareness and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required.

**Age: 3-5**

21151	W	1/12-3/2	9:45-10:30 AM	\$119/\$129
Thomas Farm CC/Chapman				
21039	Th	1/13-3/3	10-10:45 AM	\$119/\$129
Thomas Farm CC/Chapman				
21037	Sa	1/15-3/5	9-9:45 AM	\$119/\$129
Thomas Farm CC/Popson				
21159	Sa	1/15-3/5	10-10:45 AM	\$119/\$129
Thomas Farm CC/Popson				
21149	Sa	1/15-3/19	10-10:45 AM	\$119/\$129
Lincoln Park CC				

**Age: 4-6**

21038	Sa	1/15-3/5	11-11:45 AM	\$119/\$129
Thomas Farm CC/Popson				
21148	Sa	1/15-3/19	11-11:45 AM	\$119/\$129
Lincoln Park CC				

**Martial Arts**

**Kicks Karate - Little Ninjas**

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes and save \$29.

**Age: 3yr 6m-6yr**

21081	M	1/10-2/7	4-4:30 PM	\$85/\$95
21082	Tu	1/11-2/8	5:45-6:15 PM	\$85/\$95
21083	W	1/12-2/9	4:35-5:05 PM	\$85/\$95
21084	Th	1/13-2/10	5:45-6:15 PM	\$85/\$95
21085	F	1/14-2/11	4:55-5:25 PM	\$85/\$95
21080	Sa	1/15-2/12	9:20-9:50 AM	\$85/\$95
Kicks Karate/Staff				

**Special Events**

**Little Hearts Valentine Celebration**

Calling all little hearts with lots of love! Join us for a fun-filled Valentine’s event just for tots! Little hearts will spend the morning making crafts and enjoying activities in this small group program. All participants must be accompanied by an adult to assist them and preregistration is required.

**Age: 3-5**

21172	M	2/7	10-11 AM	\$12/\$15
Twinbrook CRC Annex				

**Age: 3-6**

21218	M	2/14	10-11 AM	\$10/\$12
Thomas Farm CC				

**Sports - Instructional**

**Tiny Hoopers**

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching and passing. Toddler-sized basketballs are provided to each participant. Bring water and wear tennis shoes.

**Age: 4-6**

21196	Th	2/3-3/10	5:30-6:15 PM	\$70/\$80
Lincoln Park CC/Dawkins				





# MONTROSE

## Discovery Preschool

451 Congressional Lane, Rockville



Small class sizes. Experienced, loving teachers.  
All Covid-19 safety measures followed.

Children must be 3-5 years old and potty trained.  
Contact [childcare@rockvillemd.gov](mailto:childcare@rockvillemd.gov) to schedule a virtual tour.



[www.rockvillemd.gov/preschool](http://www.rockvillemd.gov/preschool)

## TIME FOR TODDLERS

### Little Explorers

Go on hiking adventures with our naturalists, play games and discover the fun that can be had outdoors. Spaces are limited. Dress for the weather and please wear a mask. All children must be accompanied by an adult. Must preregister for hike. Cost \$8/\$10.

**Saturdays, Jan. 29, Feb. 26, March 19, 9:30-10:30 a.m. and 11 a.m.-noon. Age: 2-5**

Croydon Creek Nature Center  
240-314-8770

### Toddler Time at Lincoln Park

**Wednesdays, 10 a.m.-noon**

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center  
240-314-8780

### Little Hearts Valentines Celebration

Calling all little hearts with lots of love! Join us for a fun-filled Valentine's event just for tots! Little hearts spend the morning making crafts and enjoying activities in this small group program. All participants must be accompanied by an adult to assist them and pre-registration is required.

**Monday, Feb. 7, 10-11 a.m. Age: 3-5**

Preregister for course #21172 Cost \$12/\$15.  
Twinbrook Community Recreation Center  
240-314-8830

**Monday, Feb. 14, 10-11 a.m., Age: 3-6**

Preregister for course #21218. Cost \$10/\$12.  
Thomas Farm Community Center  
240-314-8840





# CHILDREN

## Arts, Dance and Enrichment

### Ballet for Children - Beginner

Learn the art of ballet through an elementary but professional approach. Register for your current level. Students will advance by instructor recommendation. Solid color leotard and ballet shoes recommended.

#### Young Beginner

Age: 5-7

21200 Sa 1/15-3/26 9-9:55 AM \$119/\$129  
Rockcrest Ballet Center/Simpson



Look for our guide in early March

at the following locations:

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

Rockville Community and Recreation Centers

Rockville and Twinbrook Libraries

Your child's backpack (Sent home via Rockville schools)

Registration begins Tuesday, March 15, 8:30 a.m.

[www.rockvillemd.gov/camps](http://www.rockvillemd.gov/camps)

#### Beginner

Age: 8-13

21041 F 1/14-3/25 5-5:55 PM \$119/\$129  
Rockcrest Ballet Center/Simpson

#### Beginner

Age: 7-9

21040 Sa 1/15-3/26 10:05-11 AM \$119/\$129  
Rockcrest Ballet Center/Simpson

#### Beginner

Age: 10-13

21044 Sa 1/15-3/26 11:10 AM-12:05 PM \$119/\$129  
Rockcrest Ballet Center/Simpson

### Ballet for Children - Intermediate

Learn the art of ballet through an elementary but professional approach. Register for your current level. Students will advance by instructor recommendation. Solid color leotard and ballet shoes required.

#### Intermediate I

Age: 7-13

21202 F 1/14-3/25 6:05-7 PM \$119/\$129  
Rockcrest Ballet Center/Simpson

#### Intermediate II

Age: 8+

21042 M 1/10-3/21 5-5:55 PM \$119/\$129  
Rockcrest Ballet Center/Chongpintchai

#### Intermediate III

Age: 9+

21043 W 1/12-3/23 5-5:55 PM \$119/\$129  
Rockcrest Ballet Center/Adhikari

### Ballet - Online

Learn the art of ballet through an elementary but professional approach. Teachers will instruct online students live through the WebEx platform along side of in-person students at the dance studio. Class levels and time run concurrently with in-person classes and will be chosen at check-out. Register for your current level. Students will advance by instructor recommendation.

#### Age: 5+

#### Online - All Levels

21036	M-Sa	1/13-3/21	All Day	\$89/\$99
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#### Online - Additional class

21035	M-Sa	1/13-3/21	All Day	\$29
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Online

### Guitar for Kids

Learn a new skill or refresh one long forgotten with this acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar, tuner and have access to Zoom. All class worksheets and materials will be shared electronically. Acoustic guitars can be rented for \$40 a semester by calling 301-340-1150.

#### Age: 8-12

21095	M	1/3-1/31	5-6 PM	\$94/\$104
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Online/The School of Music Staff

### Hip Hop Dance

This hip hop class is a fast-paced and energetic dance style using the latest street/urban dance moves set to hip hop music. Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style.

#### Age: 6-8

21243	F	1/21-2/18	6:30-7:15 PM	\$79/\$89
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#### Age: 9-13

21244	F	1/21-2/18	7:15-8 PM	\$79/\$89
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Twinbrook CRC/D'Amour Dance Academy Staff

### Next Level Studio - Intro to Acro Dance

Acrobatics teaches flexibility, balance, strength, muscle control, discipline and concentration. Dancers will focus on fundamental acrobatic techniques and will learn basic body positions to advance their skillset.

#### Age: 6-9

21598	Sa	1/15-3/5	9-10 AM	\$119/\$129
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#### Age: 10-13

21636	Tu	1/18-3/8	4:30-5:30 PM	\$119/\$129
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Next Level Studio/Staff

### Virtual Improv! Care Actor

Awaken creativity with Care Actor! Let your child channel their creativity and explore their imaginations and artistic talents by participating in fun, improvisational acting games.

#### Age: 7-11

21066	W	2/2-3/23	5-6 PM	\$149/\$159
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Online/CareActorStaff

### Poppin' Piano - Group Music Class

Students will be introduced to the piano and participate in an ensemble group. Students will learn basic playing skills and basic music reading and music theory. Rental instrument and music curriculum are provided. Instruments are to used in class and brought home for at home practice. Instruments are collected at the last class.

#### Age: 5-12

21165	Sa	1/8-2/12	9:15-10:15 AM	\$120/\$130
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21167	Sa	2/19-3/26	9:15-10:15 AM	\$120/\$130
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Twinbrook CRC



## DANCE IN THE ANNUAL STUDENT PERFORMANCE

Children, teens and beginner adults registered for ballet classes are eligible to participate in the Annual Student Performance. Pre-Ballet registrants not included. Fee includes one costume and admission for family and friends. Required rehearsals will be on Thursday, June 2 and Friday, June 3 starting at 5:30 p.m. All parents of participants are required to attend one of the parent meetings scheduled for March 9 and March 30 at 7:30 p.m. in the Social Hall at the F. Scott Fitzgerald Theatre. Registration deadline is April 1. Students who are requested to wear more than one costume should register for the extra costume fee.

#### Age: 5+

21211	Sa	6/4	12-3 PM	\$79/\$89
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21213	Extra costume fee	\$15
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F. Scott Fitzgerald Theatre & Social Hall

Simpson/Chongpinitchai



## Before and After School Enrichment

### Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

#### Grade: K-5

21623	M-F	1/3-2/11	7-9:30 AM	\$140/\$160
21625	M-F	2/14-3/25	7-9:30 AM	\$140/\$160

Twinbrook CRC Annex

### Afterschool Adventure

This program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided from Meadow Hall and Twinbrook elementary schools. Program operates when school is in session and including early release days.

#### Grade: K-5

21618	M-F	1/3-2/11	3-6:30 PM	\$180/\$200
21621	M-F	2/14-3/25	3-6:30 PM	\$180/\$200

Twinbrook CRC Annex

### Beyond the Bell Afterschool Club

Enjoy time beyond the bell at Thomas Farm's afterschool club! Engage in enrichment activities, organized games and crafts. Homework help and a healthy snack are provided daily. The program operates when school is in session and on early release days. The program does not operate on no-school days. Transportation is provided from Ritchie Park Elementary.

#### Grade: K-5

19569	M-F	11/22-12/22	3:30-6:30 PM	\$180/\$200
20711	M-F	1/3-2/11	3:30-6:30 PM	\$180/\$200
20712	M-F	2/14-3/25	3:30-6:30 PM	\$180/\$200
20713	M-F	3/28-5/6	3:30-6:30 PM	\$180/\$200
20714	M-F	5/9-6/15	3:30-6:30 PM	\$180/\$200

Thomas Farm CC

### Clubhouse

Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick-ups. MCPS Bus transportation is provided from Maryvale, College Gardens, and Beall elementary schools to Lincoln Park Community Center (afternoon drop-off only). All other local schools students are transported by MCPS request.

#### Grade: K-5

19561	M-F	11/22-12/22	3:30-6:30 PM	\$145/\$165
20753	M-F	1/3-2/11	3:30-6:30 PM	\$145/\$165
20754	M-F	2/14-3/25	3:30-6:30 PM	\$145/\$165

Lincoln Park CC

### Twinbrook Afterschool Club

Join us for after school activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on scheduled MCPS early release days but will not be held on non-school days and weather related early release days.

#### Grade: K-5

21595	M-F	1/3-2/11	3:40-6:30 PM	\$180/\$200
21596	M-F	2/14-3/25	3:40-6:30 PM	\$180/\$200
21597	M-F	3/28-5/6	3:40-6:30 PM	\$180/\$200
21599	M-F	5/9-6/15	3:40-6:30 PM	\$180/\$200

Twinbrook Elementary School

## School Break Programs

### Adventure Day

Join Thomas Farm Community Center for an adventure on your day off school! Each program will consist of an offsite field trip and time spent enjoying games and activities at the community center. An email with additional information regarding the trip will be sent to participants prior to the program.

#### Grade: K-5

21164	Th	1/24	9 AM-4 PM	\$35/\$40
21166	Th	2/1	9 AM-4 PM	\$35/\$40

Thomas Farm CC

### Clubhouse Winter Break Camp

It's time for winter fun!! During this four-day winter break camp, your child will enjoy winter-themed fun-filled activities including games, crafts and engaging STEM based interactive activities.

#### Age: 6-11

19981	M	12/27-12/30	9 AM-4 PM	\$280/\$300
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Lincoln Park CC

### Rock-Ventures - Paintball - Low Impact

Let's Paintball! Take a trip with Rockville to the Central Avenue Paintball Arena and spend an unforgettable day with your friends! Trip includes rental equipment, 500 paintballs, transportation and supervision by City of Rockville staff. Low-impact paintballs are smaller, lighter and more fragile. They burst more easily and have a lighter weight than the original paintballs.

#### Age: 8-11

21246	Tu	2/1	9 AM-3 PM	\$65/\$75
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Rockville Swim and Fitness Center

## Children Events

### Countdown to New Year's Party

Get ready to ring in the new year at Thomas Farm's pre-New Year's party. Start the celebration early with party games, STEM activities, crafts and snacks, all with a New Year's theme. A pizza party lunch is provided. Register by Dec. 27.

#### Age: 7-12

21228	Th	12/30	9 AM-1 PM	\$25/\$30
Thomas Farm CC				

## Fitness

### Zumba Fit - Kids

In this fun, educational class, participants do a 15-20-minute kid-friendly warm up, then learn about the countries and cultures that inspired the dances presented. Each week, we'll visit a different country on the map to learn fun facts and each country's native dance. Participants will also play a game that combines what they learned with a fun activity. Class concludes with a cool down and the kids decorate their passports to record their journey.

#### Age: 7-12

21487	Sa	1/8-2/19	12-12:50 PM	\$60/\$75
21488	Sa	2/26-4/9	12-12:50 PM	\$60/\$75
Rockville Swim and Fitness Center/Poole				

## Martial Arts

### Fencing - Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

#### Age: 7-9

20742	Th	1/20-3/10	6-7 PM	\$130/\$140
21108	Sa	1/22-3/12	11 AM-12 PM	\$130/\$140

#### Age: 10-13

20740	Th	1/20-3/10	7:20-8:40 PM	\$130/\$140
21110	Sa	1/22-3/12	12:20-1:40 PM	\$130/\$140

Rockville Fencing Academy/Staff

### Kicks Karate - Children

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Fee includes two classes per week. **Choose two classes and the second class will be discounted as free during check-out.**

#### Age: 7-12

21078	M	1/10-2/7	5:10-5:55 PM	\$129/\$139
21074	Tu	1/11-2/8	6:55-7:40 PM	\$129/\$139
21075	W	1/12-2/9	5:10-5:55 PM	\$129/\$139
21076	Th	1/13-2/10	6:55-7:40 PM	\$129/\$139
21077	F	1/14-2/11	4:10-4:55 PM	\$129/\$139
21073	Sa	1/15-2/12	10:30-11:15 AM	\$129/\$139

Kicks Karate/Staff

## OUR ART CLASSES, PARTIES & CAMPS SPARK CREATIVITY!





VISARTS

Painting | Drawing | Clay | Mixed Media | Glass | More!

[visartscenter.org](http://visartscenter.org)



Sports - Instructional

Make It Happen Basketball

This basketball program features techniques and drills that will turn you into a complete player. Learn the fundamentals and increase your speed and footwork with special speed and agility training. Program is taught by an instructor who played overseas with and against some of the NBA's finest players. Bring a water bottle and wear comfortable shoes. Basketballs are provided to each participant.

Age: 8-11

21195	Tu	2/1-3/8	6-7 PM	\$70/\$80
Lincoln Park CC/Williams				

Group Skateboarding Lessons

Learn how to skate at our brand new Rockville Skatepark! Learn the basics or practice your tricks once a week with experienced Rockville skaters. Classes will be weather dependent, please check the weather line for closure updates. For private lessons call 240-314-8639.

Age: 6-10

Beginner

21606	Su	1/9-2/6	1-1:50 PM	\$85/\$110
Rockville Skate Park/Noguera				
21602	Tu	1/11-2/8	5-5:50 PM	\$85/\$110
Rockville Skate Park/Sanjur				
21154	Tu	1/11-2/8	7-7:50 PM	\$85/\$110
Rockville Skate Park/Sanjur				
21180	W	1/12-2/9	5:30-6:20 PM	\$85/\$110
Rockville Skate Park/Noguera				
21605	Sa	1/15-2/12	9-9:50 AM	\$85/\$110
Rockville Skate Park/Verdell				

Age: 6-10

Intermediate

21607	Su	1/9-2/6	2-2:50 PM	\$85/\$110
Rockville Skate Park/Noguera				
21608	Su	1/9-2/6	3-3:50 PM	\$85/\$110
Rockville Skate Park/Noguera				
21603	Tu	1/11-2/8	6-6:50 PM	\$85/\$110
Rockville Skate Park/Sanjur				
21604	Sa	1/15-2/12	10-10:50 AM	\$85/\$110
Rockville Skate Park/Verdell				

Tennis - 10 and Under

Using kid-sized rackets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racket and ball activities, and enjoyable tennis games. Junior rackets are provided.

Age: 5-7

21112	Su	1/9-1/30	1-1:45 PM	\$50/\$60
21115	Su	2/13-3/6	1-1:45 PM	\$50/\$60
Lincoln Park CC/Francis				


Age: 6-8

21113	Su	1/9-1/30	1:50-2:35 PM	\$50/\$60
21116	Su	2/13-3/6	1:50-2:35 PM	\$50/\$60
Lincoln Park CC/Francis				

Age: 8-10


21114	Su	1/9-1/30	2:40-3:25 PM	\$50/\$60
21119	Su	2/13-3/6	2:40-3:35 PM	\$50/\$60
Lincoln Park CC/Francis				

SKATEBOARDING



Learn to skate at the new Rockville Skate Park!

Lessons



50 minutes, Once a Week

5 weeks

Cost: \$250 Resident; \$275 Nonresident

PRIVATE LESSONS

Classes are weather dependent.

Inclement weather hotline: 240-314-5023


INTERESTED? Contact:

skatepark@rockvillemd.gov

or call 240-314-8639 for more information.

355 Martins Lane, Rockville, MD 20850

240-314-8620 · www.rockvillemd.gov/SkatePark

City of Rockville  
Get Into It

www.rockvillemd.gov/registration | Page 21

## Sports Leagues

### Co-Ed Spring Soccer Leagues

Pass your way down the field and into our youth spring soccer leagues! Your child will have a safe and beneficial soccer experience with emphasis on skill development and fun. Coaches will inform participants about practice and game times and locations. There will be one practice during the week, starting the week of 3/28. Games begin 4/16. Times and locations are tentative and subject to change. Early bird: register by 3/3 and save \$5. Registration deadline is 3/10.

**Cost:** Early bird by 3/3, fee \$70R/\$80NR. After 3/3 fee is \$75R/\$85NR.

**Ankle Biters** - Pre K, course #21614, play 4 v 4

**Tiny Kicks** - Kindergarten, course #21615, play 4 v 4

**Strikers** - Grade 1, course #21619, play 5 v 5

**Pee Wee** - Grades 2-3, course #21616, play 7 v 7

**Bantam** - Grades 4-5, course #21617, play 7 v 7

**Games:** Sundays, 1-5 PM, 4/16- 5/21, 1 hour games

**Game Location:** Mark Twain Athletic Park (Bantams and Strickers play at Mattie J. T. Stepanek Park)

**Practice:** Weekday evenings (1 hour) 3/28-5/27

### Co-Ed T-Ball League

Swing your way into the game! Have fun while learning simplified T-Ball rules in a safety-conscious atmosphere. Participants hit from a T-Ball stand. One practice per week. Practices tentatively begin the week commencing 3/28 League play begins 4/16. Early bird: register by 3/3 and save \$5. Registration deadline is 3/10.

**Cost:** Early bird by 3/3, fee \$70R/\$80NR. After 3/3 fee is \$75R/\$85NR.

**T-Ball:** Ages 4-6, course #21622

**Games:** Saturdays, 9 AM - 1 PM, 4/16-5/28, 1-hour games

**Practices:** Weekday evenings (1-hour) 3/28-5/27.

**Game Location:** Mark Twain Athletic Park

### Co-Ed Coach Pitch Baseball

Enjoy watching the big leagues? Experience the next step up from T-Ball with our Coach Pitch Baseball league! Participants learn skills and have fun in a non-competitive setting. This program is recommended before pitching machine leagues. One practice per week. Practices tentatively begin the week commencing 3/28. League play begins 4/16. Early bird registration: register by 3/3 and save \$5. Registration deadline is 3/10.

**Cost:** Early bird by 3/3, fee \$70R/\$80NR. After 3/3 fee is \$75R/\$85NR.

**Coach Pitch Baseball:** Ages 7-9, course #21624

**Games:** Saturdays, 9 AM - 1 PM, 4/16-5/27, 1-hour games

**Practices:** Weekday evenings (1-hour) 3/28-5/27.

**Game Location:** Mark Twain Athletic Park

### Co-Ed Track & Field

Run like an Olympian! Learn track and field skills through participation and competition. Practices begin the week of 3/14 through 5/27. Practices (one-hour) are weekday evenings, two practices a week pre-season, and one practice after the start of the season. Conference meets begin 4/16. Participants must either live or attend a school within City of Rockville corporate limits. All dates are tentative and subject to change. Early bird: register by 3/3 and save \$5. Registration deadline is 3/10.

**Cost:** Early bird by 3/3, fee \$77R/\$87NR. After 3/3 fee is \$82R/\$92NR.

**Divisions:**

**Bantam** - Grade: K-2, course #21626

**Pee Wees** - Grade: 3-4, course #21627

**Juniors** - Grade: 5-6, course #21628

**Intermediate** - Grade: K-2, course #21630

**Regular season meets:** Wednesdays, 5:45-8:30 PM, 4/13-5/18.

**Conference meets:** tentatively scheduled for 5/21 and 5/22, 5:45-8:30 PM.

**Meet Location:** Rockville High School

## Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this spring:

**Youth Soccer • Tball • Coach Pitch • Track and Field**

For more information call 240-314-8620 or email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)

## Officials Needed!

**Youth and Adult Leagues  
Weekday Evenings and Weekends**

**Youth Soccer • Youth Basketball  
Adult Softball • Adult Soccer**

For more information call 240-314-8620 or email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)



# RBBA BASEBALL/SOFTBALL

Hit it out of the park with the Rockville Baseball Association (RBBA) this spring! For more information and to register visit [www.rbba.org](http://www.rbba.org).

In partnership with the City of Rockville, RBBA offers spring baseball and softball for the following divisions:

## Baseball:

Ron Diehl Instructional: 1<sup>st</sup> –2<sup>nd</sup> grade

Buddy Kinder Rookie: 3<sup>rd</sup> grade

12U: 4<sup>th</sup>-5<sup>th</sup> grade

Intermediate: 6<sup>th</sup>-7<sup>th</sup> grade

Junior: 8<sup>th</sup>-9<sup>th</sup> grade

Senior: 10<sup>th</sup> grade through

18 years old before 4/30/2022

## Girls Softball:

8U: 1<sup>st</sup>-3<sup>rd</sup> grade

10U: 4<sup>th</sup>-5<sup>th</sup> grade

13U: 6<sup>th</sup>-8<sup>th</sup> grade

## Rockville Events Sponsorship Opportunities

**REACH NEW  
AUDIENCES**

Sponsor benefits include on-site booth and signage, logo on materials, mentions on social media and more, depending on level of support.

### Contact:

240-314-8658 • [elisdeal@rockvillemd.gov](mailto:elisdeal@rockvillemd.gov)



## Croydon Creek Nature Center

# BIRD SEED SALE

Nine types of feed available!  
Supply your feeder.  
Help wildlife survive the winter.  
**Sale Begins Jan. 3**

### ORDER DEADLINE:

Monday, January 31

### ORDER PICK-UP:

Saturday, February 12, 9 a.m.-4 p.m.  
at Croydon Creek Nature Center,  
852 Avery Road

Order online at [www.rockvillemd.gov/birdseedsale](http://www.rockvillemd.gov/birdseedsale)

Email [ccnc@rockvillemd.gov](mailto:ccnc@rockvillemd.gov) for more information.



# CROYDON CREEK NATURE CENTER

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

240-314-8770 • [naturecenter@rockvillemd.gov](mailto:naturecenter@rockvillemd.gov) • 852 Avery Road, Rockville, MD 20851

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.

## Families Outside

Explore the habitats of the John Hayes Forest Preserve with naturalist led nature outings that will help you and your family enjoy the wonders surrounding the center. Adults and children must register and all children must be accompanied by an adult.

## Winter Solstice Hike

Welcome the official arrival of winter with us as we hike one of our trails at sundown. Bring a flashlight.

### Age: 3+

21214	Tu	12/21	4:30-5:30 PM	\$5/\$6
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## Tracks and Trails

Discover what we can learn about animals from the tracks they leave behind.

### Age: 5+

21215	Su	1/23	2-3 PM	\$5/\$6
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## Tree Hunt

Explore the treasury of trees in the forest as we search for different clues to help us identify some of our favorite trees. Wear sturdy shoes.

### Age: 3+

21216	Su	2/20	2-3 PM	\$5/\$6
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## Signs of Spring Hike

Investigate our trails for signs that spring is about to begin.

### Age: 3+

21217	Su	3/20	2-3 PM	\$5/\$6
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## First Day Hike

Start the New Year off on the right foot. Join a naturalist for a casual nature walk on our Heritage Trail (about 1 mile) on the first day of 2022. Bring water, appropriate footwear, a mask and be sure to dress for the weather.

### Age: 2+

21219	Sa	1/1	10-11 AM	\$4/\$6
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## Little Explorers

Go on hiking adventures with our naturalists, play games and discover the fun that can be had outdoors. Spaces are limited. Dress for the weather and wear a mask. All children must be accompanied by an adult.

### Age: 2-5

21220	Sa	1/29	9:30-10:30 AM	\$8/\$10
21221	Sa	1/29	11 AM-12 PM	\$8/\$10
21222	Sat	2/26	9:30-10:30 AM	\$8/\$10
21223	Sat	2/26	11 AM-12 PM	\$8/\$10
21224	Sat	3/19	9:30-10:30 AM	\$8/\$10
21225	Sat	3/19	11 AM-12 PM	\$8/\$10

## MLK Day of Service Trail Clean Up

In the memory of Dr. Martin Luther King Jr., this national day of service is a way that you can help to improve your community and the environment. Each participant will receive gloves, a garbage bag and a set of trash pickers to use for the morning. Return the trash pickers to receive your SSL form!

### Age: 12+

21611	M	1/17	10 AM-12 PM	Free
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Outdoor Nature Club

Spending time in nature builds resilience, self-confidence and creativity. We'll form a nature exploration pod and spend the hour outdoors investigating and learning about nature. Please dress for the weather, wear a mask and be prepared to spend 60 minutes in the great outdoors roaming the forest preserve with experienced naturalists. Meets every other week for four sessions.

Acorns

Age: 6-8

21226      W                      1/26-3/9                      4-5 PM                      \$40/\$50

Saplings

Age: 9-11

21227      Su                      1/30-3/13                      2-3 PM                      \$40/\$50

Winter Wanders For Adults

Enjoy an easy hike through the Hayes Forest Preserve while you learn about the environment. Program is entirely outdoors. Dress for the weather and wear sturdy shoes.

Winter Tree ID

Take the mystery out of winter tree identification on this naturalist-led hike where participants learn how to differentiate various tree species based on their winter features.

Age: 18+

21229      Th                      1/6                      11 AM-12 PM                      \$5/\$6

Bud Break Hike

Bud break occurs as trees come out of winter dormancy and you observe the leaf buds breaking open. Join a naturalist to hike the upland forest and investigate these signs of spring.

Age: 18+

21230      Th                      3/3                      11 AM-12 PM                      \$5/\$6

# PARTY ON THE WILD SIDE

## at Croydon Creek Nature Center!

Croydon Creek nature parties are designed to educate and entertain with either virtual or in-person programming that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience whether at the center or from the comfort of your own home!

### Birthday Party Themes

**Virtual Classic Party (ages 3+; all year)**  
Duration: 30 minutes  
Would you like to make your birthday a little extra special? Meet some of Croydon Creek Nature Center's animal ambassadors virtually and learn what makes them unique!

**Classic Party (ages 3+; all year)**  
Get up close and personal with three of our animal ambassadors who call the Center home and enjoy a naturalist-led hike in the forest preserve.

**Feathers and Fur (ages 3+; all year)**  
Investigate our collection of biofacts as you discover animals commonly found in Maryland. This party does NOT include live animals. A naturalist-led hike in the forest preserve follows up the presentation.

**Creek Crawl (ages 6+; all June-Sept)**  
Grab your water shoes and head to the creek to see the different creatures that swim and crawl there. This party does NOT include live animals except those that may be found in the creek.

**Geocaching Adventure (ages 8+; all year)**  
Learn the basics of geocaching and use handheld GPS devices (provided by the center) to complete an outdoor scavenger hunt. This party does NOT include live animals. This party is weather dependent.



### Party Planning Details

Croydon Creek Nature Center offers both virtual birthday party and in-person birthday party options.

Virtual parties hosted by Croydon Creek Nature Center feature a 30-minute, fun-filled animal presentation. Additional elements such as craft kits can be added on for an additional fee.

In-person parties hosted by Croydon Creek Nature Center feature a fun-filled, hour-long program led by a naturalist. This option consists of both an indoor and outdoor learning experience. In the event of inclement weather, alternative arrangements for outdoor portions will be provided. Your total access time to the party room is 2 ½ hours which includes both set-up, your wild party and take-down.

### Scheduling a Party

Parties are scheduled year-round on Saturdays and Sundays at the following times:

- Saturdays 10am and 1pm
- Saturdays Virtual 2pm or 3pm
- Sundays 1pm

Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability or email at [ccnc@rockvillemd.gov](mailto:ccnc@rockvillemd.gov).

### Party Fees

**Virtual**

- Virtual Classic Party: \$50 (flat fee)
- Craft kit add-on: \$3 per kit
- Nature-themed goody bags: \$5 per bag

*Virtual party cost includes:*

- 30 minute animal presentation
- A birthday shirt for the birthday child

**Nonresident In-Person**

- Resident In-person Party (up to 15 children): \$230
- Nonresident In-Person Party (up to 15 children): \$275
- Each additional child fee (Ages 2+) up to 25 children: \$10
- Craft kit add-on: \$3 per kit
- Nature-themed goody bags: \$5 per bag
- A \$50 non-refundable deposit is required to reserve the date for in-person parties. Deposits can be paid using either MasterCard/Visa, check or cash.

*In-person party cost includes:*

- Room rental for 2 ½ hours
- One-hour naturalist-led program
- Up to 15 party guests (additional fees for each child beyond 15)
- Paper invitations
- A small craft for each party participant
- Tables covered with brown Kraft paper
- A birthday shirt for the birthday child





City of Rockville  
Get Into It

[www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration) | Page 25



# TEENS

## Arts, Dance and Enrichment

### Annual Student Performance

Children, teens and beginner adults registered for ballet classes are eligible to participate in the Annual Student Performance on Saturday, June 4. Fee includes one costume and admission for family and friends. Required rehearsals will be held on Thursday, June 2 and Friday, June 3 starting at 5:30 p.m. All parents of participants are required to attend one of the parent meetings scheduled for March 9th and March 30 at 7:30 p.m. in the Social Hall at the F. Scott Fitzgerald Theater. Registration deadline is April 1. Students who are required to wear more than one costume should register for the extra costume fee.

### Annual Student Ballet Performance

#### Age: 5+

21211	Sa	6/4	12-3 PM	\$79/\$89
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F. Scott Fitzgerald Theatre & Social Hall

#### ASP Extra Costume Fee

This fee is for second and third costumes. Second and third costumes are only required if teacher requests students to purchase them.

21213	Sa	6/4	12-3 PM	\$15
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F. Scott Fitzgerald Theatre & Social Hall

### Ballet - Teen and Adult

Learn the art of ballet through an elementary but professional approach. Advanced classes are for serious dancers with previous training. See Children's, Teens and Adult sections for more classes.

#### Beginner-Intermediate

21047	M	1/10-3/21	7:40-8:50 PM	\$179/\$189
21054	Th	1/13-3/24	8:10-9:20 PM	\$179/\$189

Rockcrest Ballet Center/Chongpinitchai

#### Intermediate

21050	Tu	1/11-3/22	8:10-9:20 PM	\$179/\$189
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Rockcrest Ballet Center/Simpson

#### Intermediate IV and Beginner Pointe

##### Age: 10+

21048	Tu	1/11-3/22	5-6:25 PM	\$189/\$199
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Rockcrest Ballet Center/Keppetipola

##### Age: 12+

21052	Th	1/13-3/24	5-6:25 PM	\$189/\$199
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Rockcrest Ballet Center/Chongpinitchai

#### Advanced

##### Age: 12+

21046	M	1/10-3/21	6:05-7:30 PM	\$189/\$199
21049	Tu	1/11-3/22	6:35-8 PM	\$189/\$199
21051	W	1/12-3/23	6:05-7:30 PM	\$189/\$199
21053	Th	1/13-3/24	6:35-8 PM	\$189/\$199

Rockcrest Ballet Center/Chongpinitchai



## Ballet - Online

Learn the art of ballet through an elementary but professional approach. Teachers will instruct online students live through the Webex platform along side of in-person students at the dance studio. Class levels and time run concurrently with in-person classes and will be chosen at check-out. Register for your current level. Students will advance by instructor recommendation.

### Age: 5+

#### Online - All Levels

21036	M-Sa	1/13-3/21	All Day	\$89/\$99
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#### Online - Additional class

21035	M-Sa	1/13-3/21	All Day	\$29
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Online

## Intergenerational Storytelling

Ever wonder how your grandparents survived without the internet? Or how dating worked without texting? Now is your chance to find out! This winter settle in for story time with a bunch of wise and hilarious seniors, eager to share their favorite memories and to pick your brains, too. We call it intergenerational storytelling, and in five weeks, you and your elder companions will have swapped enough truth to fill a notebook with new memories. Open your heart and earn SSL hours.

### Age: 11-16

21061	Tu	1/11-2/8	4-5 PM	Free
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Online/Vannella

## Fitness

### Impact Training for Teens

Teens benefit from one-on-one attention from Thomas Farm's certified personal trainer in this small group setting. Work on personal fitness goals or conditioning for sports. Though a fitness membership is not required to participate, participants can take advantage of 10% discount on a Thomas Farm annual teen fitness pass. Contact Thomas Farm Community Center for more details.

### Age: 14-18

21168	W	12/1-12/22	6-7 PM	\$180/\$200
21169	W	1/5-1/26	6-7 PM	\$180/\$200
21170	W	2/2-2/23	6-7 PM	\$180/\$200
21171	W	3/2-3/23	6-7 PM	\$180/\$200

Thomas Farm CC

## Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training.

### Age: 13-18

21507	M	1/3-2/14	7-8 PM	\$75/\$90
21550	M	2/21-4/4	7-8 PM	\$75/\$90

Rockville Swim and Fitness Center/DiTullio

## Yoga for Teens

All 12-16 year old aspiring yogis experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

### Age: 12-16

21575	Sa	1/9-2/20	10:20-11:20 AM	\$96/\$115
21576	Sa	2/27-4/10	10:20-11:20 AM	\$96/\$115

Rockville Swim and Fitness Center/Chowdhury

## Martial Arts

### Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$41.

### Age: 13+

21070	Tu	1/18-2/15	7:45-8:30 PM	\$85/\$95
21071	W	1/19-2/16	8:15-9 PM	\$85/\$95
21072	F	1/21-2/18	7:45-8:30 PM	\$85/\$95
21069	M	1/24-2/21	8:15-9 PM	\$85/\$95

Kicks Karate/Staff

## Before and After Enrichment

### Twinbrook Teen Scene

This program provides a safe, health environment promoting positive youth development. Study time and a wide range of activities are offered. Transportation is available from Julius West and Wood middle schools; Twinbrook and Meadow Hall elementary schools.

#### Grade: 5-8

19583	M-F	1/3-2/11	2:30-6:30 PM	\$140/\$160
19584	M-F	2/14-3/25	2:30-6:30 PM	\$140/\$160
19585	M-F	4/4-5/13	2:30-6:30 PM	\$140/\$160

Twinbrook CRC Annex

## School Break Programs

### Rock-Ventures - Paintball

Let's paintball! Take a trip with Rockville to Paintball Sportsland and spend an unforgettable day with your friends! Trip includes rental equipment, 500 paintballs, transportation and supervision by City of Rockville staff.

#### Age: 11-15

21245	Tu	2/1	9 AM-3 PM	\$65/\$75
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Rockville Swim and Fitness Center

## Sports - Instructional

### Group Skateboarding Lessons

Learn how to skate at our brand new Rockville Skatepark! Learn the basics or practice your tricks once a week with experienced Rockville skaters. Lessons will be 50 minutes once a week, for five weeks. Classes are weather dependent. Please check the weather line for closure updates. For private lessons call 240-314-8639.

#### Age: 11-15

##### Beginner

21186	Su	1/9-2/6	5-5:50 PM	\$85/\$110
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Rockville Skate Park/Francis

##### Intermediate

21181	W	1/12-2/9	6:30-7:20 PM	\$85/\$110
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Rockville Skate Park/Noguera

##### Advanced

21183	Su	1/9-2/6	4-4:50 PM	\$85/\$110
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Rockville Skate Park/Noguera

21157	Sa	1/15-2/12	11-11:50 AM	\$85/\$110
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Rockville Skate Park/Verdell

# Winter Special Edition Rockville Farmers Market

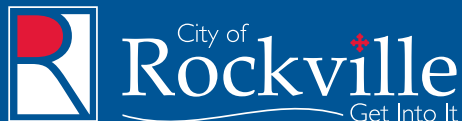
**Saturday, Dec. 11, 2021**  
**Saturday, Jan. 8, 2022**

**Winter Hours: 9 a.m.-noon**

**Location: Corner of Route 28 and Monroe Street.**

**WIC and EBT/SNAP Accepted**

**GETTING THERE:** Metro: Red Line • Ride On: Bus 47 and 56. Free parking available.



www.Facebook.com/  
RockvilleFarmersMarket



**www.rockvillemd.gov/farmers • 240-314-8620**



# ROCK TEENS SKI CLUB



## Who's Ready to Ski?

Head to Ski Liberty in the comfort of a coach bus every Friday night for five weeks. Fee includes supervision and bus transportation. Ski package must be purchased directly through Liberty Mountain Resorts.

**Jan 7, 14, 28, Feb. 4, 11**  
(Rain date: Feb. 18)

**3:30-11 p.m. • Grades 6-12**

Pick-up/drop-off at Robert Frost Middle School, 9201 Scott Drive.

**COSTS** (Includes Transportation and Supervision)  
\$425, Rockville residents. \$460, nonresidents.

### LIBERTY MOUNTAIN

Lift Only (Epic 5-Day Pass): \$200 (ages 11-12).

Lift Only (Epic 5-Day Pass): \$393 (ages 13-18).

*Taxes and fees not included.*

## STEP 1.

- Visit [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).
- Log in or register.
- Use course #20123 to register.

See pricing for transportation and staffing above.

## STEP 2.

*For Lift Lesson and Rental or Lesson and Rental Package:*

- Go to Liberty Mountain Resort to purchase your multiweek ski club pass at:  
**libertymountainresort.com.**

## STEP 3.

*For Lift Only:*

- Go to **EpicPass.com** to purchase Epic 5-Day Pass.



[www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration)



City of  
**Rockville**  
Get Into It



# ADULTS

## Ballet - Teen and Adult

Learn the art of ballet through an elementary but professional approach. Advanced classes are for serious dancers with previous training. See Children's, Teens and Adult sections for more classes.

### Age: 12+

#### Beginner-Intermediate

21047	M	I/10-3/21	7:40-8:50 PM	\$179/\$189
21054	Th	I/13-3/24	8:10-9:20 PM	\$179/\$189

Rockcrest Ballet Center/Chongpinitchai

#### Intermediate

21050	Tu	I/11-3/22	8:10-9:20 PM	\$179/\$189
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Rockcrest Ballet Center/Simpson

#### Intermediate IV and Beginner Pointe

### Age: 10+

21048	Tu	I/11-3/22	5-6:25 PM	\$189/\$199
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Rockcrest Ballet Center/Keppetipola

### Age: 12+

21052	Th	I/13-3/22	5-6:25 PM	\$189/\$199
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Rockcrest Ballet Center/Chongpinitchai

#### Advanced

21046	M	I/10-3/21	6:05-7:30 PM	\$189/\$199
Rockcrest Ballet Center/Chongpinitchai				
21049	Tu	I/11-3/22	6:35-8 PM	\$189/\$199
Rockcrest Ballet Center/Keppetipola				
21051	W	I/12-3/23	6:05-7:30 PM	\$189/\$199
Rockcrest Ballet Center/Adhikari				
21053	Th	I/13-3/24	6:35-8 PM	\$189/\$199
Rockcrest Ballet Center/Chongpinitchai				

## Ballet - Online

Learn the art of ballet through an elementary but professional approach. Teachers will instruct online students live through the Webex platform along side of in-person students at the dance studio. Class levels and time run concurrently with in-person classes and will be chosen at check-out. Register for your current level. Students will advance by instructor recommendation.

### Age: 5+

#### Online - All Levels

21036	M-Sa	I/13-3/21	All Day	\$89/\$99
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#### Online - Additional class

21035	M-Sa	I/13-3/21	All Day	\$29
Online				

## Fitness

### 20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total-body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

### Age: 16+

21189	M	I/24-3/7	6:30-7:20 PM	\$69/\$79
Lincoln Park CC/Ramsey				
21191	Tu	I/25-3/1	6:30-7:20 PM	\$69/\$79
Twinbrook CRC/Ramsey				
21188	W	I/26-3/2	6:30-7:20 PM	\$69/\$79
Thomas Farm CC/Ramsey				



## Body Sculpt

Be prepared to sweat! This total-body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

### Age: 16+

21485	Tu	1/4-2/15	5:30-6:15 PM	\$59/\$73
21519	Tu	2/22-4/5	5:30-6:15 PM	\$59/\$73
Online/Johnson				

## Dance Fitness With The Thick Chixx

Join the Thick Chixx for a fun and empowering dance fitness workout. All shapes and sizes are welcome to join to dance your way to a better and more positive you. All abilities welcome.

### Age: 16+

21240	Th	1/20-2/24	6:30-7:30 PM	\$59/\$69
Lincoln Park CC/Thick Chixx				

## Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

### Age: 16+

21483	M	1/3-2/14	5:45-6:45 PM	\$59/\$73
21520	M	2/21-4/4	5:45-6:45 PM	\$59/\$73
Rockville Swim and Fitness Center/Sheer				
21504	W	1/5-2/16	5:30-6:30 PM	\$59/\$73
21525	W	2/23-4/6	5:30-6:30 PM	\$59/\$73
Rockville Swim and Fitness Center/Silverman				
21505	Th	1/6-2/17	9:10-10:10 AM	\$59/\$73
21496	Th	2/24-4/7	9:10-10:10 AM	\$59/\$73
Rockville Swim and Fitness Center/DiTullio				

## Bootcamp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

### Age: 16+

21486	M	1/3-2/14	6:30-7:30 AM	\$59/\$73
21521	M	2/21-4/4	6:30-7:30 AM	\$59/\$73
Rockville Swim and Fitness Center				
21498	W	1/5-2/16	6:30-7:30 AM	\$59/\$73
21508	W	2/23-4/6	6:30-7:30 AM	\$59/\$73
Rockville Swim and Fitness Center				
21500	F	1/7-2/18	6:30-7:30 AM	\$59/\$73
21491	F	2/25-4/8	6:30-7:30 AM	\$59/\$73
Rockville Swim and Fitness Center				

## Cardio and Strength Training

Get a great workout as you improve your cardio fitness and improve strength and flexibility. This will give you a full body workout as you burn calories and feel energized. Bring a water bottle, weights and mat. Face coverings must be worn at indoor locations.

### Age: 16+

21759	W	1/19-3/9	8-9 AM	\$74/\$84
Twinbrook Community Recreation Center/Fleishman				

## Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

### Age: 16+

21506	Th	1/6-2/17	6-7 PM	\$59/\$73
21497	Th	2/24-4/7	6-7 PM	\$59/\$73
Rockville Swim and Fitness Center/DiTullio				

## Cardio, Sculpt and Tone

Enjoy a mix of cardio and core exercises and strength training. Get a well-rounded workout, increase your flexibility and get into shape. Bring a mat and weights. Face coverings must be worn at indoor locations.

### Age: 16+

20725	Sa	1/15-3/19	9-9:40 AM	\$64/\$74
Lincoln Park CC/Fleishman				
21194	Su	1/16-2/20	1-2 PM	\$64/\$74
Lincoln Park CC/Ramsey				

## Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights are used.

### Age: 16+

21511	Tu	1/4-2/15	11:15 AM-12 PM	\$58/\$73
21523	Tu	2/22-4/5	11:15 AM-12 PM	\$58/\$73
Rockville Swim and Fitness Center/DiTullio				
21512	Th	1/6-2/17	11:15 AM-12 PM	\$58/\$73
Rockville Swim and Fitness Center/DiTullio				
21492	Th	2/24-4/7	11:15 AM-12 PM	\$58/\$73
Rockville Swim and Fitness Center				

## Lo by Jazzercise

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation. Bring a mat and weights.

### Age: 16+

21179	M	1/24-3/7	5:30-6:30 PM	\$89/\$99
Rockville Senior Center/Proctor				

## Meditation @ Thrive Yoga

### Mind-Blowing Meditation with Susan

Join us in mindful meditation and visualization training that is fun and accessible for the busiest of minds. Learn to enjoy the internal journey of meditation. Classes will be instructional, experiential, and offer tools and techniques to weave the mindfulness into your daily living.

### Age: 16+

21634	Su	1/2-2/20	11:30 AM-12:30 PM	\$99/\$109
Thrive Yoga/Bowen				

### Deep Delicious Stretch, Breathing, & Meditation

Designed to surprise you! 50% of fitness is in stretching and restoration of the body. Class includes both active repetitive movements and deep stretching to gain greater mobility leading to more strength. Feel alive and open after breathing sets and yes, you can meditate through guided meditation training. It's delicious!

### Age: 16+

21635	Tu	1/4-2/22	7:15-8:15 PM	\$99/\$109
Thrive Yoga/Bowen				

## Metabo Body Blast

Begin your day outdoors with a workout designed to pump up your metabolism! Get energized with cardio, strength training and a core workout. Class will take place on the tennis courts at Falls Grove Park and will be moved inside Thomas Farm Community Center in the case of inclement weather.

### Age: 16+

21206	M	1/24-3/7	7:30-8:15 AM	\$64/\$74
Thomas Farm CC/Ramsey				

## Morning Motivation

Start your morning with a certified personal trainer in this small group class that will jump start your day! Work out your core and get in your cardio all before 9 a.m.! We will warm up with aerobic activities that will lead into a core workout and then move to our fitness room for a circuit workout on cardio equipment including treadmills, ellipticals and recumbent bikes.

### Age: 16+

21145	Tu/Th	11/16-12/16	8-8:50 AM	\$108/\$126
21197	Tu/Th	1/4-1/27	8-8:50 AM	\$96/\$112
21198	Tu/Th	2/1-2/24	8-8:50 AM	\$96/\$112
21199	Tu/Th	3/1-3/31	8-8:50 AM	\$120/\$140
Thomas Farm CC/Ramsey				

## Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. You will need a mat and should wear comfortable clothing. Class will be taught via Zoom.

### Age: 16+

20735	Tu	1/11-3/15	6-7 PM	\$99/\$109
Online/Poole				

## Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. You will need a mat and should wear comfortable clothes. Class will be taught via Zoom.

### Age: 16+

20734	Tu	1/11-3/15	7:30-8:30 PM	\$99/\$109
Online/Poole				

## Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

### Age: 16+

21207	W	1/19-3/9	7:30-8:15 AM	\$74/\$84
Thomas Farm CC/Ramsey				

## Shred It

This workout combines strength and interval training exercises that will help you burn more calories and increase your fitness level. Using short higher-intensity training segments in between rest periods will increase your metabolic demand and make your body more energy efficient. Bring a mat, water bottle and weights.

### Age: 16+

20727	Tu	1/18-2/22	6:30-7:15 PM	\$64/\$74
Lincoln Park CC/Lake				



## Strength Training and Core

Build strength and improve your endurance and flexibility. Class includes core work and a variety of exercises to improve muscle strength and toning. Bring a water bottle, weights and a mat. If rain, class will be held under pavilion.

### Age: 16+

21192	F	1/21-3/11	8:30-9:15 AM	\$74/\$84
Thomas Farm CC/Ramsey				
20723	F	2/18-4/8	7:15-8 AM	\$74/\$84
College Gardens Park/Fleishman				

## Ultimate HIIT

Short on time? Want a fun, mood-boosting workout? This energizing class is designed to improve cardiovascular endurance and build strength. HIIT is a format that consists of short bursts of higher intensity work followed by a brief recovery period. A wide repertoire of exercises and techniques will be taught and modified for all fitness levels. You will need a mat and weights.

### Age: 16+

21096	F	1/14-3/4	7:30-8:15 AM	\$64/\$74
21097	F	3/18-5/13	7:30-8:15 AM	\$64/\$74
Online/Shanker				

## Yoga - Balance, Flexibility, Mood & Strength

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. You will need a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

### Age: 16+

21173	M	1/10-3/28	1-2:15 PM	\$133/\$143
Thomas Farm CC/Neves				
21468	M	1/10-3/28	1-2:15 PM	\$133/\$143
Online/Neves				

## Yoga - Beginner and Continuing

Be introduced to traditional yoga techniques such as breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile. If you wish, bring yoga blocks and a strap, not required for class.

### Age: 16+

20726	Tu	1/18-3/8	6:30-7:15 PM	\$79/\$89
Elwood Smith Park/Goodfriend				

# SPOTLIGHT ON PARKS AND FACILITIES

## Rockcrest Ballet Center

1331 Broadwood Drive, 20851

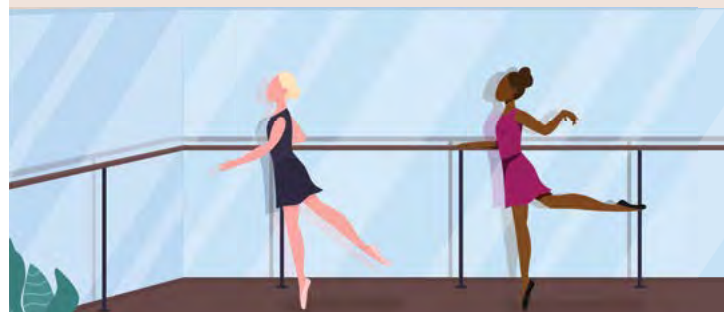
Rockcrest Ballet Center was originally built in 1970 as a recreation center, complete with a fireplace. In 2011, renovations began in the building and it eventually transformed into the ballet-focused space we see today. The Rockcrest Ballet Center not only offers ballet classes to adults, teens, and children through the City of Rockville Recreation and Parks Department, it is also the rehearsal home of the Rockville Civic Ballet.

The Rockville Civic Ballet has become a staple of holiday celebrations in Rockville with its annual production of "The Nutcracker." Originally performed in December 1974, this popular production is as old as the Rockville Civic Ballet itself. Founded by Claudia Mangan, who was also the first director of the group, The Rockville Civic Ballet is an integral part of the City's arts landscape and the Rockcrest Ballet Center makes it possible.

"The Nutcracker" will be performed at the *F. Scott Fitzgerald Theatre*, Fridays - Sundays, December 3 - December 12.

## Rockcrest Park Amenities

- Adjacent to Rockcrest Ballet Center
- 3 Painted Pickleball court lines
- Basketball courts
- Picnic tables
- Playground equipment



## Yoga - Gentle with Stretching

Learn simple ways of bringing the benefits of a yoga practice into your daily life for greater well-being. Enjoy a meditative experience with restorative and gentle poses, stretches, movements and breath. No prior yoga experience required. Good for all levels. Positions and stretches are accessible to most individuals. You will need a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

### Age: 16+

20729 Th 1/13-3/17 7:30-8:45 PM \$133/\$143  
Rockville Senior Center/Neves

21469 Th 1/13-3/17 7:30-8:45 PM \$133/\$143  
Online/Neves

## Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. You will need a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

### Age: 16+

20731 M 1/10-3/28 6:30-7:45 PM \$133/\$143  
Thomas Farm CC/Neves

21467 M 1/10-3/28 6:30-7:45 PM \$133/\$143  
Online/Neves



## Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment. Bring a mat and wear comfortable clothing.

### Age: 16+

21557 Tu 1/4-2/15 9:30-10:30 AM \$89/\$107

21580 Tu 2/22-4/5 9:30-10:30 AM \$89/\$107

Rockville Swim and Fitness Center/Cottrell

## Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

### Age: 16+

21556 W 1/5-2/16 9:15-10:15 AM \$89/\$107

21587 W 2/23-4/6 9:15-10:15 AM \$89/\$107

Rockville Swim and Fitness Center/Mendoza

21553 Sa 1/8-2/19 9:15-10:15 AM \$89/\$107

21554 Sa 2/26-4/9 9:15-10:15 AM \$89/\$107

Rockville Swim and Fitness Center/Chowdhury

## Yoga Flow

Experience the joy of yoga that elevates your mood and increases your fitness level. Yoga postures and conscious breathing will be sequenced in fluid sets. Build strength, balance and flexibility. Learn the benefits of yoga and feel amazing.

### Age: 16+

21138 W 1/5-2/23 9:30-10:30 AM \$99/\$109

Thrive Yoga/Bowen

## Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core. Bring a mat and wear comfortable clothing.

### Age: 16+

21559 W 1/5-2/16 7-8 PM \$89/\$107

21589 W 2/23-4/6 7-8 PM \$89/\$107

Rockville Swim and Fitness Center/Mendoza



## Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin- and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

### Age: 16+

21513	W	1/5-2/16	5:30-6:15 PM	\$59/\$73
21514	W	2/23-4/6	5:30-6:15 PM	\$59/\$73
Online/Johnson				
21501	Th	1/6-2/17	7:05-7:50 PM	\$59/\$73
21493	Th	2/24-4/7	7:05-7:50 PM	\$59/\$73

Rockville Swim and Fitness Center/Creel

## Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

### Age: 16+

21495	Sa	1/8-2/19	11:30 AM-12:15 PM	\$59/\$73
21489	Sa	2/26-4/9	11:30 AM-12:15 PM	\$59/\$73
Online/Natty Ko/Kevin Ko				

## Martial Arts

### Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing, this course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

### Age: 14+

21106	Tu	1/18-3/8	7-8:20 PM	\$130/\$140
21107	Sa	1/22-3/12	2-3:20 PM	\$130/\$140

Rockville Fencing Academy/Staff

### Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$41.

### Age: 13+

21070	Tu	1/18-2/15	7:45-8:30 PM	\$85/\$95
21071	W	1/19-2/16	8:15-9 PM	\$85/\$95
21072	F	1/21-2/18	7:45-8:30 PM	\$85/\$95
21069	M	1/24-2/21	8:15-9 PM	\$85/\$95

Kicks Karate/Staff



## Adult 5K Winter Walk/Run Program

presented by Montgomery County Road Runners Club (MCRRC) and City of Rockville

If your 2022 New Year's Resolution is to walk your way to improved health and fitness, then embark on this beginning running program and maintain or improve your current 5K race pace.

**Program takes place January through March.**

### Practices

Tuesdays: Rockville-based track  
Saturdays: Area parks

### Fees

\$45: Members of MCRRC  
\$55: Non-MCRRC Members



**For more information, visit [www.mcrrc.org](http://www.mcrrc.org)**

## Sports - Instructional

### Pickleball - Indoor

A paddle sport that is a cross between tennis, badminton and pingpong where you hit a whiffle ball over a badminton-sized court. This class is taught by an ITPA trained instructor and is designed for new players or those who can benefit from a skills review. Participants learn and improve basic strokes, dinks, serve, footwork and rules of the game. Paddles and balls are provided.

#### Beginner Level 1

Beginner Level 1 Welcome! You are completely new to pickleball or you have played some pickleball but do not yet meet the requirements of Beginner Level 2.

##### Age: 16+

21120	M	1/3-1/24	5:30-6:45 PM	\$53/\$63
Thomas Farm CC/Cao				
21131	Tu	1/4-1/18	12-1:15 PM	\$53/\$63
21134	Tu	2/1-2/15	12-1:15 PM	\$53/\$63
Thomas Farm CC/Daly				
21126	Th	2/3-2/17	12-1:15 PM	\$53/\$63
Thomas Farm CC/Sonnier				

#### Beginner Level 2

Beginner Level 2 You know the basic rules and how to score a game fully and without issue. You can get 50% of your serves in. You can get 50% of your returns in. You can hold a simple rally of 4-5 shots.

##### Age: 16+

21187	Tu	1/4-1/18	1:15-2:30 PM	\$53/\$63
Thomas Farm CC/Daly				
21203	Tu	2/1-2/15	1:15-2:30 PM	\$53/\$63
Thomas Farm CC/Daly				
21132	W	1/5-1/19	10:30-11:45 AM	\$53/\$63
Twinbrook CRC/Francis				
21204	W	1/5-1/19	12-1:15 PM	\$53/\$63
Twinbrook CRC/Francis				
21121	Th	1/6-1/20	12-1:15 PM	\$53/\$63
Thomas Farm CC/Sonnier				
21128	Th	2/3-2/17	3-4:15 PM	\$53/\$63
Thomas Farm CC/Cao				

#### Novice Level 1

You know the rules of the game and how to keep score. You can get in 80% of your serves and return of serves. You come up to the no volley zone/kitchen area immediately after returning every serve. You can dink the ball back and forth keeping it in the no volley zone/kitchen area for 10-plus shots.

##### Age: 16+

21122	Th	1/6-1/20	1:30-2:45 PM	\$53/\$63
Thomas Farm CC/Sonnier				
21125	M	2/7-2/28	5:30-6:45 PM	\$53/\$63
Thomas Farm CC/Cao				

#### Novice Level 2

You meet the requirements of Novice Level 1 confidently, can maintain a consistent rally, and are starting to attempt to drop the ball in the no volley zone/kitchen area on occasion when playing games. You are getting more confident at the no volley zone/kitchen area with your dinks and volleys.

##### Age: 16+

21123	Th	1/6-1/20	3-4:15 PM	\$53/\$63
Thomas Farm CC/Sonnier				
21127	Th	2/3-2/17	1:30-2:45 PM	\$53/\$63
Thomas Farm CC/Sonnier				
21137	W	2/2-2/16	10:30-11:45 AM	\$53/\$63
Twinbrook CRC/Francis				

#### Beginner Level 1 & 2

Beginner Levels 1 and 2 will be combined in this class: Beginner Level 1 - You are completely new to pickleball. Beginner Level 2 - You know the basic rules and how to keep score. You can get 50% of your serves and returns into the court and can hold a rally of 4-5 shots.

##### Age: 16+

21124	Sa	1/8-1/22	8:30-9:45 AM	\$53/\$63
21129	Sa	2/5-2/19	8:30-9:45 AM	\$53/\$63
Thomas Farm CC/Cao				
21205	W	2/2-2/16	12-1:15 PM	\$53/\$63
Twinbrook CRC/Francis				

### Pickleball Strategies and Drills

Experience one of the fastest growing sports in America. This fun, social activity uses a paddle and whiffle ball on a small court, which allows players to learn quickly and enjoy a good workout. For beginner players who know the basic rules, how to keep score, can serve and get serves in 50% of the time, and can maintain a rally of 4-5 shots. Bring your own paddle.

#### Beginner Players (2.0-2.5 Level)

2.0-2.5 Level - For new players and those who will benefit from a skills review. Participants learn and improve basic strokes, dinks, serve, footwork and rules of the game. Bring your own paddle.

##### Age: 16+

21208	M	1/3-1/24	9:15-10:30 AM	\$55/\$63
21232	M	2/7-2/28	9:15-10:30 AM	\$55/\$63
Lincoln Park CC/Cao				

#### Advanced Beginner Players (2.5-3.0 Level)

2.0-2.5 Level - For new players and those who will benefit from a skills review. Participants learn and improve basic strokes, dinks, serve, footwork and rules of the game. Bring your own paddle.

##### Age: 16+

21209	M	1/3-1/24	10:45 AM-12 PM	\$55/\$63
21234	M	2/7-2/28	10:45 AM-12 PM	\$55/\$63
Lincoln Park CC/Cao				



## Pickleball - Outdoor

A paddle sport that is a cross between tennis, badminton and pingpong where you hit a whiffle ball over a badminton-sized court. Participants will learn tips for smart pickleball play, instruction for all strokes and serve, drill work, scoring, doubles strategies and play.

### Beginner Level 1

Beginner Level 1 Welcome! You are completely new to pickleball or you have played some pickleball but do not yet meet the requirements of Beginner Level 2.

#### Age: 16+

21140	M	3/14-3/28	4:30-5:45 PM	\$53/\$63
Mattie Stepanek Park/Francis				
21142	W	3/16-3/30	5:45-7 PM	\$53/\$63
Dogwood Park/Cao				
21146	Su	3/20-4/3	8:30-9:45 AM	\$53/\$63
Civic Center Park/Cao				

### Beginner Level 2

You know the basic rules and how to score a game fully and without issue. You can get in 50% of your serves. You can get in 50% of your returns. You can hold a simple rally of 4-5 shots.

#### Age: 16+

21141	Sa	3/19-4/2	1:15-2:30 PM	\$53/\$63
Mattie Stepanek Park/Francis				

### Novice Level 1

You know the rules of the game and how to keep score. You can get in 80% of your serves and return of serves. You come up to the no volley zone/kitchen area immediately after returning every serve. You can dink the ball back and forth keeping it in the no volley zone/kitchen area for 10+ shots.

#### Age: 16+

21143	Sa	3/19-4/2	2:15-3:30 PM	\$53/\$63
Dogwood Park/Cao				

### Novice Level 2

You meet the requirements of Novice Level 1 confidently, can maintain a consistent rally, and are starting to attempt to drop the ball in the no volley zone/kitchen area on occasion when playing games. You are getting more confident at the no volley zone/kitchen area with your dinks and volleys.

#### Age: 16+

21144	Su	3/20-4/3	7-8:15 AM	\$53/\$63
Civic Center Park/Cao				

# WINTER ADULT VOLLEYBALL

**Women's Volleyball • Co-Rec Volleyball**

**LEAGUE PLAY BEGINS:**

**Jan. 6:** Women's Volleyball (Thurs.)

**Jan. 7:** Co-Rec Volleyball (Fri.)


**March 3:** Women's Volleyball (Thurs.)

**VOLLEYBALL LOCATIONS:**

**Monday:** Twinbrook Community Recreation Center

**Thursday and Friday:** Frost Middle School

**Visit [rockvillemd.gov/recreation/sports](http://rockvillemd.gov/recreation/sports)**  
**or call 240-314-8620**





## ROCKVILLE BICYCLE ADVISORY COMMITTEE

[www.rockvillemd.gov/rbac](http://www.rockvillemd.gov/rbac)  
[rockvillebikerides@gmail.com](mailto:rockvillebikerides@gmail.com)  
[www.facebook.com/bikerockville](https://www.facebook.com/bikerockville)  
[www.meetup.com/bikerockville](https://www.meetup.com/bikerockville)

**RBAC encourages  
you to ride your bike  
for transportation,  
recreation and staying  
healthy.**

**RBAC meets virtually the first  
Wednesday of each month  
7-9p.m. All are welcome.**

**Follow us on Meetup and  
Facebook for impromptu group  
rides and last-minute updates.**

*\*Montgomery County requires anyone under age 18 to wear a bicycle helmet when riding or being carried on a bicycle, including a bicycle with training wheels, on a public street, right-of-way, sidewalk or bicycle path in the county.*

## 2022 WOOTTONS MILL GARDEN PLOT PROGRAM

### Registration Now Open

Plots are ready for use April 1,  
program ends Nov. 15.

Join over 100 active gardeners. Make friends and be active while reaping the benefits of growing your own fresh vegetables. The City of Rockville provides access to water. Garden plots are approximately 25 by 25 feet. Gardeners provide their own fencing, weed barrier, hoses, tools and other gardening supplies. Garden plots are available for both residents and nonresidents. Season fees \$70/\$80. Email [woottonsmill@rockvillemd.gov](mailto:woottonsmill@rockvillemd.gov) for more info.



Visit [www.rockvillemd.gov/gardenplots](http://www.rockvillemd.gov/gardenplots)  
to download an information packet with a registration form.

Sign up for City of Rockville  
Emergency Notifications



[rockvillemd.gov/alerts](http://rockvillemd.gov/alerts)

**Public Safety • Severe Weather • Traffic**

The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

### Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,  
visit [www.rockvillemd.gov/alerts](http://www.rockvillemd.gov/alerts)**





Computer lab

Awesome programs  
for families

Game room with  
table tennis, vending  
machines, video  
games and TV

Newly expanded  
parking lot

# LINCOLN PARK COMMUNITY CENTER

[www.rockvillemd.gov/lincolnpark](http://www.rockvillemd.gov/lincolnpark)

240-314-8780 • [lpcc@rockvillemd.gov](mailto:lpcc@rockvillemd.gov) • 357 Frederick Avenue, Rockville, MD 20850

## UPCOMING EVENTS AND PROGRAMS

Lincoln Park Community Center and Isreal Park were established in 1970 and are the heart of the Lincoln Park community. At more than 50 years old, the facility has a rich history, where a deep sense of pride and love for the community is shown and expressed daily.

The 12,500-square-foot facility has a fitness room, computer lab, game room, gymnasium, kitchen, multipurpose room, library and kitchen. Isreal Park has a gazebo, park, basketball and tennis courts, and baseball field.

### HOURS

Monday–Saturday  
8:30 a.m.–7:30 p.m.

Sunday  
Closed

Drop-in sports programs include basketball, badminton and pickleball.

Open gym schedule is posted on our website.

Personal trainer on staff.  
Near Rockville Metro Station.

### Clubhouse Afterschool Program

**M-F, Nov. 22-June 15 3-6:30 p.m.**

Children spend time learning, creating and exploring during this drop-in, afterschool program. Homework time, snacks, crafts and games are scheduled daily. Grades K-5. \$145/\$165.

### Clubhouse Winter Break Camp

**M-Th, Dec. 27-30. 9 a.m.-4 p.m.**

It's time for winter fun! During this four-day winter break camp, your child will enjoy winter-themed fun-filled activities, games, crafts and STEM-based interactive activities. Ages 6-11. Register for course #19981. \$280/\$300.

### Pre-ballet

**Saturday, Jan. 15-March 19. 10-10:45 a.m. and 11-11:45 a.m.**

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination, motor skills, spatial, rhythmic awareness, and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ages 4-6. Register for course #21148 for 10 a.m. or #21149 for 11 a.m. \$119/\$129.

### Community Financial Literacy Workshop

**Saturday, Jan. 22, 12:30-2:30 p.m.**

Teens and young adults will learn the basics of understanding and using various financial skills in this mini-workshop. Gather important tips on how to budget, invest, spend and protect your hard-earned money using online brokerages accounts and apps.



- Full-size gymnasium
- Rental space for parties and meetings
- Before and after school programs
- Monthly fitness passes available memberships
- Special family fun events

# TWINBROOK COMMUNITY RECREATION CENTER

[www.rockvillemd.gov/tcrc](http://www.rockvillemd.gov/tcrc)

240-314-8830 • [tcrc@rockvillemd.gov](mailto:tcrc@rockvillemd.gov) • 12920 Twinbrook Parkway, Rockville, MD 20851

## UPCOMING EVENTS AND PROGRAMS

Every day, the center welcomes a diverse group of children and families to our after-school program, classes and drop-in sports. Enjoy the open gym with your friends or attend one of our family-friendly programs. The Twinbrook Community Recreation Center has options for everyone in a safe and friendly community setting.

### HOURS

Monday–Friday  
7 a.m.–7:30 p.m.  
Saturday  
8:30 a.m.–7:30 p.m.  
Sunday  
Closed

Twinbrook Community Recreation Center is conveniently located between Veirs Mill Road and Rockville Pike, near the Twinbrook Metro Station.

### Afterschool Adventure

**M-F, Jan. 3-Feb. 11, 3-6:30 p.m**

Program provides a fun and safe environment. Organized games, crafts, and other enrichment activities offered. Transportation provided from Meadow Hall and Twinbrook elementary schools. Program does not operate on no-school days. Course #21618 Grades K-5 \$180/\$200.

### Nutrition and Wellness at TCRC

**Saturday, Jan. 29, 11 a.m.-12:30 p.m.**

Interested in creating tasty and healthy meal options for your loved ones? Want to learn how to grocery shop for healthy ingredients on a budget? Learn how simple adjustments to your lifestyle could lead to a healthier, longer life! Twinbrook Community Center is partnering with the University of Maryland to provide a short and FREE workshop to help you and your family make changes toward living a healthier lifestyle! Age: 8+. Preregistration required. Course #21147.

### Twinbrook Teen Scene

**M-F, Jan. 3-Feb. 11, 2:30-6:30 p.m**

This program provides a safe, healthy environment promoting positive youth development. Study time and a wide range of activities offered. Transportation available from Julius West and Wood middle schools; Twinbrook and Meadow Hall elementary schools. Course #19583 \$140R/\$160NR, Grades 5-8.





# THOMAS FARM COMMUNITY CENTER

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)

240-314-8840 • [thomasfarm@rockvillemd.gov](mailto:thomasfarm@rockvillemd.gov) • 700 Fallsgrove Drive, Rockville, MD 20850

Full-size gymnasium

Rental space for parties and meetings

Fitness center with cardio and strength equipment

Classes, programs and events for the entire family

Daily, monthly and annual passes and memberships

## UPCOMING EVENTS AND PROGRAMS

Thomas Farm offers classes for all ages, rental space, drop-in sports, fitness center for exercise, classes, an after-school program for elementary-aged students, lounge, art gallery, game room and pingpong tables.

### HOURS

Monday–Friday  
7 a.m.–7:30 p.m.

Saturday  
8:30 a.m.–7:30 p.m.

Sunday  
Closed

Drop-in sports programs include badminton, pickleball and volleyball. Open gym schedule is posted on our website.

Personal trainer on staff

### Beyond the Bell Afterschool Club

**M-F, Nov. 22- June 15, 3:30-6:30 p.m.**

Our aftercare program includes snack, homework help, recreation and craft activities and more! Six-week sessions with transportation included from Ritchie Park Elementary. The program operates when school is in session and on early release days. The program does not operate on no-school days. Grades K-5. \$180/\$200.

### Countdown to New Year's Party

**Thursday, Dec. 30, 9 a.m.-1 p.m.**

Get ready to ring in the new year at Thomas Farm's pre-New Year's party. Start the celebration early with party games, STEM activities, crafts and snacks, all with a New Year's theme. A pizza party lunch is provided. Register by Dec. 27. Ages 7-12. Course #21228, \$25/\$30.

### Morning Motivation

**Tuesdays and Thursdays starting Jan. 4, 8-8:50 a.m.**

Start your morning with a certified personal trainer in a small group class that will jump start your day! Warm up with aerobic activities that lead to a core workout and then move to the fitness room for a circuit workout on cardio equipment. Ages 16+. \$96/\$112 for a four-week session.



# ROCKVILLE SENIOR CENTER

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

240-314-8800 • [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) • 1150 Carnation Drive, Rockville, MD 20850

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

## Center and Fitness Hours

Call 240-314-8800, or email [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## Directions

Call 240-314-5019

## Bus Transportation

Call 240-314-8810

## Center Membership Fees

**\$40/year** – Rockville resident

**\$135/year** – Nonresident; \$65 spouse

## Program Fees

Fee = member/nonmember

## Registration Dates

Member registration begins at 8:30 a.m. **Tuesday, Nov. 30** and **Thursday, Dec. 2** for nonmembers. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on fitness classes in the adult section of the Life in Rockville Recreation Guide.

## Transportation

Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

## Aging Information, Services, and Support

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance call 240-314-8817.

## Senior Assistance Fund

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

## DID YOU KNOW WE HAVE A PEN PAL PROGRAM?

Call 240-314-8800 or email [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) for more information

## SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for fitness classes in the Adult section of the "Life in Rockville Recreation Guide." One \$10 discount may be used per Senior Center member, per activity for programs over \$50. Does not apply to workshops. This discount is not valid for aquatics classes. Refer to the Aquatics section for pricing. For more information call 240-314-8800.



Look for additional information in our

# Adults 60+ Recreation and Services Guide

If mailing registrations, please complete the registration form and enclose a check and mail to: Rockville Senior Center 1150 Carnation Drive, Rockville, MD 20850. If mailing a registration, you will receive a receipt in the mail or in your email. You will be contacted if you did not get into the class you wanted.

**Online Registration:** [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration) Visa and MasterCard accepted. Please call our main number, 240-314-8800 or email us at [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) if you any questions regarding updating your membership or registration in any of our offerings.

## BENEFITS OF SENIOR CENTER MEMBERSHIP INCLUDE:

Discounts on Senior Programs • Discounts on Rentals  
DVD Rentals • Discounts on Adult Fitness Classes  
Eligibility for Senior Garden Plots

## SENIOR TRANSPORTATION

**Weekly Shopping for Seniors:** Senior services are back to providing transportation to Giant grocery store. Please call to receive the schedule.



## BUILDING CLOSED

Dec. 24, Dec. 25, Dec. 31



### Rockville Emergency Assistance Program (REAP)

For residents 60-plus, emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Andrea Rogers, 240-314-8817.



## Rockville Villages

### What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

### What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

### For more information:

Contact Trish Evans, Village Facilitator, City of Rockville 240-314-8807 or [pevans@rockvillemd.gov](mailto:pevans@rockvillemd.gov).  
[www.rockvillemd.gov/rockvillages](http://www.rockvillemd.gov/rockvillages)  
[www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html](http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html).



**Maryland**  
DEPARTMENT OF AGING

**Senior Call Check**  
A daily call to check on residents home alone.  
**CALL 1-866-50-CHECK**  
or Register Online  
[aging.maryland.gov](http://aging.maryland.gov)

**FREE**  
for Maryland Residents 65+





# Senior Happenings

## **The Senior Center and Fitness room is open!**

Call 240-314-8800 or email  
seniorcenter@rockvillemd.gov for hours

### **Holiday Bazaar**

Great opportunity to shop for the holidays ahead  
and support a worthwhile cause.

*Saturday, Dec. 4 • 9 a.m.-2 p.m. • Senior Center*

### **Bilingual Yoga with Chair**

*Friday, Dec. 3-Jan. 21 • 11:15 a.m.-12 p.m.*

*Course #21641*

*Cost: \$30/\$38 at Senior Center*

### **Black History Month Events**

*See Adults 60+ Recreation Guide for information.*

### **Zoom Help**

*Course #20940*

*Wednesday, Jan. 5 • 1-3 p.m. • Free at Senior Center*

*Course #20950*

*Friday, Jan. 20 • 8-10 a.m. • Free at Senior Center*

*Course #20976*

*Friday, March 3 • 8-10 a.m. • Free at Senior Center*



# International Night 2022

**Friday, March 18, 6-8 p.m.**

F. Scott Fitzgerald Theatre and Social Hall

## Looking for Performers!

Are you interested in showcasing your skills, and celebrating and sharing your cultural talent? We'd love to have you perform at this year's City of Rockville's International Night!

If interested, please email [yyeboah@rockvillemd.gov](mailto:yyeboah@rockvillemd.gov) by **February 25**.



Rockville's Lantern Festival features live onstage cultural performances and includes delightful ethnic cuisine and cultural displays. This family and kid-friendly event is organized by the Rockville Sister Cities Corporation in partnership with WQER-LP 96.7 FM Radio and the Chinese Culture Institute.

**Date:**

Friday, Feb. 11, 2022

**Time:**

6 P.M. Concessions

7 P.M. Live Performance

**Place:**

F. Scott Fitzgerald Theatre,  
603 Edmonston Drive, Rockville

**Admission:** FREE

**For More Information:**

The Rockville Sister Cities Corporation at 240-314-5029 or  
[RockvilleSisterCities@gmail.com](mailto:RockvilleSisterCities@gmail.com) or visit [RockvilleSisterCities.org](http://RockvilleSisterCities.org)







## Rockville Civic Ballet

Eleanor Simpson, Erin Kwong, Directors

# THE NUTCRACKER

Join Clara on her magical journey!

Friday

DEC. 3 AND DEC. 10, 7:30 P.M.

Saturday

DEC. 4 AND DEC. 11, 2 AND 7:30 P.M.

Sunday

DEC. 5 AND DEC. 12, 2 P.M.

Tickets: \$17 Adults  
\$13 Children (12 years old and under)  
\$13 Seniors (60 years old and older)

Group Rates: \$16.50 for 7 or more adult tickets  
\$12.50 for 10 or more children/  
senior tickets

For tickets: 240-314-8690

Assigned seat tickets may be purchased in person, by phone, by mail at the  
F. Scott Fitzgerald Theatre Box office or online at [www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre).

All events are on  
Thursdays and  
start at  
7 p.m.

This  
co-sponsored  
series is free  
and open to all.



For more  
information, call  
240-314-8660  
or [glenview@  
rockvillemd.gov](mailto:glenview@rockvillemd.gov)

DATE	TOPIC	SPEAKER
<b>Jan. 13, 2022</b> COURSE #20630	The History of Rockville's Sister City Corporation	Rockville Sister City Corporation <i>Note: Virtual</i>
<b>March 10, 2022</b> COURSE #20650	Dance Yatra (Journey): Overview of Indian Classical Dances	Kuchipudi Dance Academy <i>Note: at F. Scott Fitzgerald Theatre</i>



City of  
**Rockville**  
Get Into It

[www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview) • [www.peerlessrockville.org](http://www.peerlessrockville.org)



## Rockville Art League Members' Juried Winter Show

Varied Media

Dec. 5- Jan. 14

Dec. 5- Meet the Artists from  
1:30 p.m. to 3:30 p.m.

Hours: 9 a.m.-4:30 p.m. Mon.-Fri.,  
Closed Holidays  
603 Edmonston Dr.

Image by: "Sunflowers No. 3" by Patricia Zannie

# Rockville Concert Band

2021-2022 CONCERT SERIES • 3 P.M.

F. SCOTT FITZGERALD THEATRE  
AT THE ROCKVILLE CIVIC CENTER PARK

Conducted by Dr. Juan Gallastegui, Music Director

## SUNDAY, DEC. 19 HOME FOR THE HOLIDAYS

*Old classics and fun tunes for everyone to sing along and enjoy this special time of the year.*

## SUNDAY, FEB. 13 SWING, SWING, SWING

*Concert with the Rockville Swing Band*

## SUNDAY, MARCH 13 THE YEAR 2020

*The world premiere of a commissioned piece by Johan de Meij.*



No tickets required; \$5 suggested donation. • [rockvilleconcertband.org](http://rockvilleconcertband.org)

# F. Scott Fitzgerald Theatre

Rockville Civic Center Park  
603 Edmonston Drive, Rockville, MD 20851

Box office: 240-314-8690  
[www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)

## Great Performances in the Neighborhood

### Rockville Little Theatre presents “Bad Seed”

Jan. 28 & 29 and Feb. 4 & 5 at 8 p.m. | Jan. 30 and Feb 6 at 2 p.m.

Tickets: \$22 Adults | \$20 Seniors (62+) and Students

### Victorian Lyric Opera Company presents “Iolanthe”

Feb. 25 & 26 and March 4 & 5 at 8 p.m. | Feb. 27\* and March 6, at 2 p.m.

Tickets: \$28 Adults | \$26 Seniors | \$24 Students

\*Community Outreach Matinee on 2/27

12:45-1:30 p.m.: Backstage tours and post-show talk-back session with cast and crew immediately following the performance.

### Glenview Mansion & Peerless Rockville Speaker Series special event at the F. Scott Fitzgerald Theatre

#### Dance Yaatra (Journey):

#### Overview of Indian Classical Dances

Featuring Kuchipudi Dance Academy

March 10, 7 p.m. Free.

#### Lunar New Year Celebration

Thursday, Feb. 10 at 6 p.m. Free.

#### Rockville Sister City Corp. Lantern Festival

Friday, Feb. 11 at 6 p.m. Free.

#### International Night

Friday, March 18 at 6 p.m. Free.

**Ticketing Made Easy!** You can purchase all of your tickets online by visiting us at [www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre) • Box office is open Tuesday-Saturday, 2-6 p.m. and two hours prior to ticketed shows.



# FREQUENTLY USED FACILITIES AND PARKS

1. Beall ES, 451 Beall Ave. 20850
2. Broome Gym and Park, 751 Twinbrook Pkwy. 20851
3. Calvin Park, 1248 Gladstone Dr. 20851
4. City Hall, 111 Maryland Ave. 20850
5. Civic Ctr. Park, 603 Edmonston Dr. 20851
  - F. Scott Fitzgerald Theatre • Social Hall
  - Glenview Mansion
  - Croydon Creek Nature Center
  - Cottage • Rec. Serv. Bldg.
6. College Gardens ES, 1700 Yale Pl. 20850
7. College Gardens Park, 615 College Pkwy. 20850
8. Croydon Creek Nature Ctr., 852 Avery Rd. 20851
9. David Scull Park, 1131 First St. 20850
10. Dogwood Park, 800 Monroe St. 20850
11. Elwood Smith Com. Ctr., 601 Harrington Rd. 20852
12. Fallsmead ES, 1800 Greenplace Ter. 20854
13. Hillcrest Park, 1150 Crawford Dr. 20850
14. Julius West MS, 651 Great Falls Rd. 20850
15. Kicks Karate Rockville, 800 Pleasant Dr., Suite #140, 20850
16. King Farm Park, 401 Watkins Pond Blvd. 20850
17. Lakewood ES, 2534 Lindley Ter. 20850
18. Lincoln Park Com. Ctr./Isreal Park, 357 Frederick Ave. 20850
19. Mark Twain Park, 14501 Avery Rd. 20853
20. Maryvale ES/Park, 1000 First St. 20850
21. Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850
22. Meadow Hall ES, 951 Twinbrook Pkwy. 20851
23. Montrose Com. Ctr., 451 Congressional Ln. 20852
24. Monument Park, 550 Maryland Ave. 20850
25. Next Level Studio, 15811 Frederick Ave. 20855
27. Potomac Woods Park, 1380 Stratton Dr. 20854
28. Pump House Com. Ctr., 401 S. Horners Ln. 20850
29. Richard Montgomery HS  
250 Richard Montgomery Dr. 20850
30. Ritchie Park ES, 1514 Dunster Rd. 20854
31. Robert Frost MS, 9201 Scott Dr. 20850
32. Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851
33. Rock Terrace School, 390 Martins Ln. 20850
34. Rockville Skate Park (at Welsh Park),  
355 Martins Ln. 20850
35. Rockville Fencing Academy, 15221 Display Ct. 20850
36. Rockville High School. 2100 Baltimore Road. 20851.
37. Rockville Senior Ctr., 1150 Carnation Dr. 20850
38. Rockville Swim and Fitness Center,  
355 Martins Ln. 20850
39. Rockville Town Square, 200 E. Middle Ln. 20850
40. Sofive Soccer Center, 1008 Westmore Ave. 20850
41. The School of Music, 1331 Rockville Pk. 20850
42. Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850
43. Thrive Yoga, 1321-B Rockville Pk. 20852
44. Twinbrook ES, 5911 Ridgway Ave. 20851
45. Twinbrook Com. Rec. Ctr.  
12920 Twinbrook Pkwy. 20851
46. Welsh Park, 344 Martins Ln. 20850
47. Woodley Gardens Park, 900 Nelson St. 20850
48. Xtreme Acro & Cheer, 14702 Southlawn Ln. 20850

# Financial Assistance

## Rockville Youth Recreation Fund

**Ages 18 and younger**

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for each camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a childcare need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

## Documents Needed for Financial Assistance:

**Participants must provide proof of Rockville residency and verification of any of the following:**

- **Award letter from Maryland Dept. of Human Resources/ Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC, Montgomery County HHS Rental Assistance Program (RAP). MPDU is not accepted. This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

# DONATE TO THE Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).

### Online Donation Course #s

\$25 – #2232  
\$50 – #2233  
\$75 – #2234  
\$100 – #2235  
\$250 – #2236

- Click on Log In or Create account.
- Enter your desired donation course number above.
- Donations by check may be made out in any amount to Rockville Recreation Fund.

**Mail to:** Rockville Department of Recreation and Parks  
Rockville Youth Recreation Fund Donation  
111 Maryland Ave., Rockville, MD 20850



# Thank You!

Rockville Recreation and Parks Foundation has provided funding to help send kids to camp, enroll teens in a soccer league, provide free swim lessons and much more over the past decade.

**We are grateful for their support.**

To learn more about the Rockville Recreation and Parks Foundation visit [www.rrpfi.org](http://www.rrpfi.org)



## Help Send a Kid to Camp!

### Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to provide support such as:

- Scholarship funds for the Rockville Youth Recreation Fund.
- Equipment, including electronic scoreboards, wall pads, inflatable movie screen and more.
- Free swim lessons for eligible participants.
- Field renovations and improvements at Mattie J.T. Stepanek Park and Dogwood Park..



**Please send your tax deductible gift to:**

**200-B Monroe Street  
Rockville, MD 20850  
[www.rrpfi.org](http://www.rrpfi.org)  
240-314-8867**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

This gift is in honor/memory of: \_\_\_\_\_

\_\_\_\_\_

# Connect Create Celebrate



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community.

## *Welcome to Rockville Recreation and Parks.*

### **Recreation and Parks Mission Statement**

Our mission is to nurture community connections. We strive to be the place to make lifelong memories as you live, work, play and thrive. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community.

### **Satisfaction Guarantee**

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try or, if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.



## Inclement Weather Policy

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

## Recreation Programs

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

## Sports Leagues

Call 240-314-5055, the sports weather information line for updates on leagues. line for updates on leagues.

## Swim and Fitness Center

Students can visit the Swim and Fitness Center website at [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) for updates and to sign up for alerts and the facility newsletter, where you will receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact us via email at [registration@rockvillemd.gov](mailto:registration@rockvillemd.gov). We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

## We Are Now Accepting Medical Assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

## City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks.



Bridget Donnell Newton, Mayor  
Councilmembers Monique Ashton, Beryl L. Feinberg,  
David Myles, Mark Pierzchala  
Robert DiSpirito, City Manager  
Tim Chesnutt, Director of Recreation and Parks  
Chris Henry, Deputy Director of Recreation and Parks  
Andy Lett, Superintendent of Recreation  
Steve Mader, Superintendent of Parks and Facilities

## Keep in touch!

### General Information Lines:

Childcare, Classes, Recreation Programs.....	240-314-8620
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration .....	240-314-8600
Rockville Skate Park .....	240-314-8620
TTY (City Hall) .....	240-314-8137

### Recorded Weather Information Lines:

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Special Events Line (Info. Line) .....	240-314-5022
Sports Leagues Line (Info. Line) .....	240-314-5055

### Rockville Civic Center Park:

Art Gallery .....	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Civic Center (Directions Line).....	240-314-5004

### Recreation Centers:

Croydon Creek Nature Center .....	240-314-8770
Lincoln Park Community Center .....	240-314-8780
Thomas Farm Community Center .....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
Rockville Swim and Fitness Center .....	240-314-8750
Rockville Senior Center .....	240-314-8800
Senior Center (Directions Line).....	240-314-5019

# Registration Info

## Registration Begins:

**Tuesday, Nov. 30** at 8:30 a.m. Senior Center members and programs listed in the Adults 60+ Recreation and Services Guide.

**Thursday, Dec. 2** at 8:30 a.m. for general and nonmembers by mail, fax, and online.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Late registrations will be accepted if space is available.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program, unless otherwise specified. Send email to [registration@rockvillemd.gov](mailto:registration@rockvillemd.gov). Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; camps \$50 within two weeks of camp; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try or, if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

## Transfers:

Requests are subject to availability. Requests must be in writing. Send email to [registration@rockvillemd.gov](mailto:registration@rockvillemd.gov). Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

## Rate Key:

Prices are listed as:

Resident (R), Nonresident (NR)

Member (M), Nonmember (NM)

## Online Recreation Registration System



CivicRec, powered by Recl, our online registration system, allows you to easily create an account, search, register, pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone. Visit [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).

## How to Register

### 1. Online:

at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).

### 2. Mail or Fax to:

Rockville City Hall, Dept. of Rec. And Parks  
111 Maryland Ave. MD 20850  
Fax: 240-314-8659

Rockville Swim and Fitness Ctr.  
355 Martins Lane, MD 20850  
Fax: 240-314-8759

Rockville Senior Ctr.  
1150 Carnation Drive, MD 20850  
Fax: 240-314-8809

Croydon Creek Nature Ctr.  
852 Avery Road, MD 20851  
Fax: 240-314-8779

Lincoln Park Community Ctr.  
357 Frederick Ave. MD 20850  
Fax: 240-314-8789

Thomas Farm Community Ctr.  
700 Falls Grove Drive, 20850  
Fax: 240-314-8849

Twinbrook Community Recreation Ctr.  
12920 Twinbrook Parkway, MD 20851  
Fax: 240-314-8839

### 3. Walk-In:

**We are not taking in-person registrations at this time.**

Call 240-314-8620 for information.



Use your smart phone for quick access to our website.

# Registration Form | Formulario de inscripción

\*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.  
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees Costo*

Rec Fund | Fondo de rec.: \$ \_\_\_\_\_ Sr. Ctr. Mem | Centro de Ancianos: \$ \_\_\_\_\_ Multi-Course Discount | Descuento por asistencia a varios cursos : \$ \_\_\_\_\_ \$10 \_\_\_\_\_ \$25 \_\_\_\_\_  
\$50 \_\_\_\_\_ Other \$ \_\_\_\_\_ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ \_\_\_\_\_

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

### Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_

Main Line | Línea principal: 240-314-8620 • [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) • Fax: 240-314-8659

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[www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration) | Page 55



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PRESENTS

# LUNAR NEW YEAR CELEBRATION

新年  
快乐

For more information:  
[www.rockvillemd.gov/lunarnewyear](http://www.rockvillemd.gov/lunarnewyear)

Encuentre la información en  
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에서 정보를 얻으실 수 있습니다

如欲了解更多信息, 请访问 [www.rockvillemd.gov/lunarnewyear](http://www.rockvillemd.gov/lunarnewyear)

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hopma [www.rockvillemd.gov/lunarnewyear](http://www.rockvillemd.gov/lunarnewyear)

Thursday, Feb. 10  
6-8 p.m.  
F. Scott Fitzgerald Theatre

Event is free, tickets required –  
limited to four per household.  
Reserve your tickets starting Jan. 10  
at [www.rockvillemd.gov/lunarnewyear](http://www.rockvillemd.gov/lunarnewyear)

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